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Thursday, September 8, 2011
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News worth sharing.

▶ Pavol Demitra celebrates after scoring a goal during the men's bronze-medal game between Finland and Slovakia during the 2010 Vancouver Olympics.

HARRY HOW/GETTY IMAGES

Another blow to Canucks Nation

Ex-Canuck Pavol Demitra among 43 killed in Russian plane crash Fans set up memorial outside Rogers Arena

Many were shocked and saddened yesterday after learning that former Canuck Pavol Demitra was among 43 people killed in a plane crash in Russia.

Demitra, 36, died when a plane carrying Lokomotiv Yaroslavl — a team in the Kontinental Hockey League — crashed into the Volga River shortly after takeoff near the city of Yaroslavl, 240 kilometres northeast of Moscow.

He leaves behind his wife, Maja, and children, Lucas and Zara.

Hockey fans Felicia McKinnon and Shanyaa Assu headed to Rogers Arena yesterday afternoon to start a small memorial for Demitra near a similar one for ex-Canuck Rick Rypien, who died mid-August at his Alberta home.

"I met him once and he was the sweetest guy," McKinnon said. "He was one of the underdogs that people kind of doubted, but he did his thing."

Canucks blogger Katie Maximick said people didn't get to see Demitra at his best because of his injuries, but teammates and fans respected his character and performance on and off the ice.

"His biggest contribution that we're hearing from the players is his contribution in the locker-room," she said. "He was very funny, a great guy and fun to talk to."

Canucks GM Mike Gillis signed Demitra to a two-year, $8-million contract in July 2008, but he only managed to play 28 games during his final injury-plagued season. He signed with Lokomotiv last summer after playing his last two years in the NHL with Vancouver.

Ex-Canuck Geoff Courtnall was Demitra's teammate for parts of five seasons with the St. Louis Blues.

"He was a really great, happy-go-lucky kid who had amazing skill," Courtnall told CTV News.

Also killed in the crash were Lokomotiv's Canadian head coach Brad McCrimmon and former NHLers Josef Vasicek, Karlis Skrastins and Ruslan Salei.

PHYLICIA TORREVILLAS/
WITH FILES FROM THE CANADIAN PRESS

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Fringe is back

Annual festival returns for run on Granville Island
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For the kids

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NFL preview

Metro's top 10 teams
Saints-Packers previewed
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Amber Alert issued for B.C. boy, 3

Police have issued an Amber Alert for a three-year-old boy missing in Sparwood, B.C., after searching for him for most of yesterday.

Kienan Hebert was last seen when his family put him to bed Tuesday evening at his home in the southeastern B.C. community about 600 kilometres east of Vancouver.

Hebert, who police are now referring to as an "abducted" child, is described as a red-haired Caucasian boy and was last seen wearing a blue pair of Scooby Doo boxer shorts.

Police say they're looking for Randall Hopley, 46, who is of no relation to Hebert.

They are also looking for a brown 1987 Toyota Camry with the licence plate 098RAL and they are warning the public not to approach the vehicle.

THE CANADIAN PRESS

Fire near UBC beaten ... finally

Firefighters extinguished a blaze near the University of B.C. yesterday afternoon.

The fire, which had been burning among the steep cliffs above Wreck Beach, broke out late Tuesday night.

CHELSEA ALTICE

MATT KIELTYKA/METRO

▶ A construction worker uses the new roof of BC Place as a comfy hammock during his break yesterday.

A new stadium for a new generation

BC Place project nearing completion ahead of Sept. 30 opener

MATT KIELTYKA
@METRONEWS.CA

You almost feel sorry for the B.C. Lions and Vancouver Whitecaps.

As both teams gun for glory during their opening matches at BC Place — Sept. 30 and Oct. 2, respectively — the players will have a hard time being the focus of thousands of fans.

The real spectacle will be the stadium itself as Vancouverites are given the first opportunities to see what a $563-million renovation looks like.

If yesterday's media tour was anything to go by, jaws may hit the floor.

"It should be really evident that this is not the old BC Place," said PavCo chairman David Podmore. "This is a complete refurbishment using the really solid bones of the original BC Place — but we've basically created an entirely new, very modern and much more functional venue than the original building."

The retractable roof is now fully installed, as are the majority of the new, bigger seats.

The state-of-the-art artificial turf is currently being installed, as is the centre-hung video scoreboard, which is the second largest in North America after Dallas' Cowboys Stadium.

Seeing the nearly finished product certainly left an impression on Whitecaps president Bob Lenarduzzi, who played in the original BC Place.

"I'm blown away and I (was) here just last month," said Lenarduzzi. "There is no doubt in my mind it will be a wonderful home for us."

The public was invited to an open house at BC Place last month to see the progress for themselves, but Podmore said there won't be any more viewings until the Lions game on the 30th.

1 news

What does spring break have to do with teen-pregnancy rates? Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Jason Priestley gives a hint of what to expect from the upcoming season of Call Me Fitz. Video at metronews.ca

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Highlights

CHRISTIAN PETERSEN/GETTY IMAGES

▶ Steve Nash.

WHAT TO WATCH OUT FOR AT VIFF:

NASH – THE DOCUMENTARY. Directors Michael Hamilton and Corey Ogilvie profile B.C.'s most famous basketball player. We get to see Steve Nash's other sides: entrepreneur, philanthropist, filmmaker and family man.

TAKE THIS WALTZ. A Toronto-set second feature from actor-turned-director Sarah Polley, starring Michelle Williams, Seth Rogen, Sarah Silverman and Luke Kirby. This bittersweet story tells of the struggles of a married woman who is torn between her husband and another man.

HAMLET. A noirish take on Shakespeare's classic about treachery, revenge, sex and betrayal. Bruce Ramsay directs and stars in this thrilling digital feature that preserves the essence of the original but adds elements suited to a 21st-century audience.

SISTERS&BROTHERS. Writer-director Carl Bessai's trilogy of comedies about the trials and tribulations of four siblings features an ensemble of B.C. stars and export talents, including Cory Monteith, Dustin Milligan, Amanda Crew and Gabrielle Rose.

PHYLICIA TORREVILLAS

Film feast kicks off

▶ More than 370 films to be shown at 30th annual Vancouver International Film Festival ▶ Lineup features 80 Canadian entries

PHYLICIA TORREVILLAS
@METRONEWS.CA

PHYLICIA TORREVILLAS/METRO

▶ Filmmakers and actors gather yesterday for the 30th annual Vancouver International Film Festival.

Film buffs will finally get their yearly dose of world and homegrown cinema as the 30th annual Vancouver International Film Festival kicked off its program lineup yesterday.

Canadian filmmaker Sarah Polley will open the Canadian Images gala on Sept. 30 with her film Take this Waltz, which stars Michelle Williams and Seth Rogen.

The festival, which runs Sept. 29 to Oct. 14, will showcase more than 375 films from 75 countries. The VIFF lineup also features 80 Canadian films, including 24 B.C. productions.

VIFF first-timer Jim Cliffe, director of Donovan's Echo, said he feels honoured his first feature film was chosen from 700 submissions. Lethal Weapon's Danny Glover stars as a man with a tragic past who comes back to his home 30 years later and tries to save a family from the same fate.

"It's always nice when other first-time filmmakers are brought together to share in the experience," said Vancouver-based Cliffe. "I just look forward to showing the movie to a full audience because there's always a good energy in film festivals."

Amitai Marmorstein, one of the stars of B.C. film Sunflower Hour — a mockumentary about four puppeteers vying for one spot on a hit children's television show, said he's excited about his first feature role and he's eager to see how people will respond to the film.

"I'm just hoping people will like it," said Marmorstein, 25, adding he's looking forward to having his friends and family watch his work.

"(My parents) haven't seen the movie yet … and there are a few moments that aren't necessarily something I would sit beside my mom while she watches, but I think she'll like it."

Belgian directors Jeanne-Pierre and Luc Dardenne will close the festival with their film The Kid with a Bike.

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FEATURES Hilo, Kona, Lahaina and Honolulu (overnight). Sails from Ensenada to Honolulu. Interior stateroom.

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Cruises

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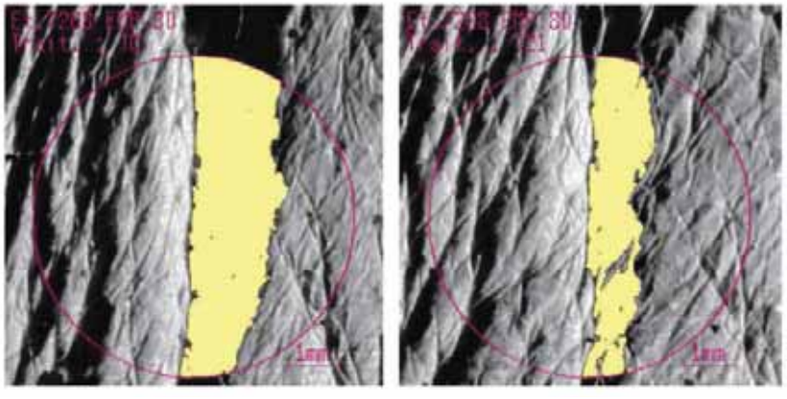

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Signed by Dr. Nowell Solish on July 8, 2011

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Gorbachev, Shaq highlight We Day

Politician and basketball star team up for October event Thousands of youth expected to attend

ARIANA KAKNEVICIUS
VANCOUVER@METRONEWS.CA

IAN GAVAN/GETTY IMAGES

▶ Mikhail Gorbachev

Former Soviet president Mikhail Gorbachev and NBA all-star Shaquille O'Neal are among the world-renowned social activists and entertainers headlining this year's We Day in Vancouver, Free the Children announced yesterday.

About 36,000 student leaders will come together in Vancouver at the Rogers Arena on Oct. 13, after a visit to Toronto's Air Canada Centre on Sept. 27.

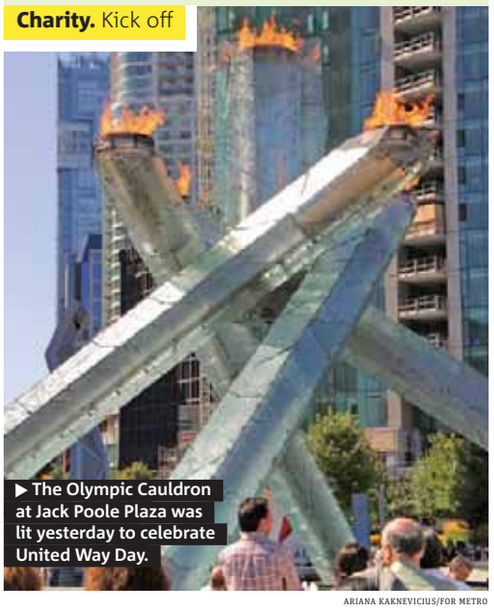
"Each speaker and performer really understands the issues," said Marc Kielburger, co-founder of Free the Children. "Former USSR president Gorbachev was an icon of change, and Shaquille O'Neal overcame massive obstacles to get to where he is."

Other headliners in the Vancouver We Day event include award-winning recording artists Hedley, inspirational speaker Liz Murray, and award-winning actress and activist Mia Farrow. We Day celebrates the passion of young people. It's part of an educational opportunity called the We Schools in Action program, where youth volunteer to take one local and one global action during the school year.

"This is much more than a day," said Kielburger. "It is a year-long initiative to help build Canada and the world."

We Day events are free of charge to students and educators.

Charity. Kick off



▶ The Olympic Cauldron at Jack Poole Plaza was lit yesterday to celebrate United Way Day.

ARIANA KAKNEVICIUS/FOR METRO

United in fundraising

The United Way kicked off its 2011 fundraising campaign to help vulnerable children, families and older people throughout the region. The Olympic Cauldron in downtown Vancouver was lit to proclaim Sept. 7 as United Way Day.

Worker robbed ... again

A 22-year-old Abbotsford Subway employee was robbed twice at gunpoint within 48 hours, police said Wednesday.

On Sunday, a man armed with a handgun entered the restaurant on McMillan Road just before closing at 10 p.m. and demanded cash from staff at front of the store.

The 22-year-old woman was standing in the back of the store during the incident.

On Tuesday evening, that same employee was serving when a man matching an identical description robbed the store just before closing.

"She is doing remarkably well," said Abbotsford Const. Ian Macdonald. "It is a testament to her strength that she came back after the first robbery."

CHELSEA ALTICE

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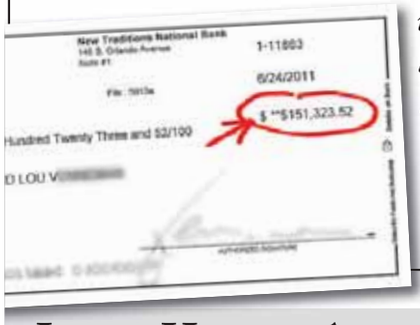

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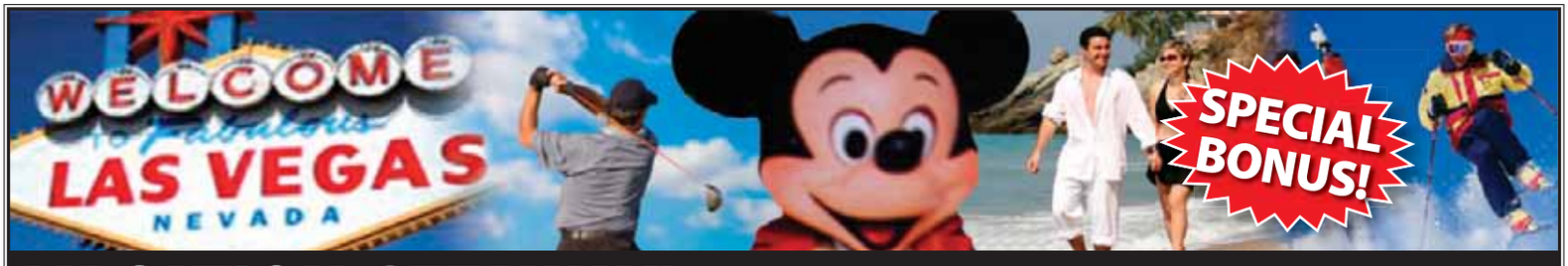

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News in brief

He was drunk, so was she

A LESSON. When you drive to the police station to pick up your drunk boyfriend, it's a good idea not to be drunk yourself.

That's what a 19-year-old woman discovered when she went to Saanich Police headquarters to pick up her 18-year-old boyfriend. He'd been arrested Monday night after he was seen stumbling around. He became confrontational with police.

When the girlfriend showed up, she smelled of alcohol. When she tried to drive away from the station she was given a breath test — and failed.

Her vehicle was impounded for 30 days.

THE CANADIAN PRESS

They seek a peaceful cup

WARNING. Vancouver Police and the B.C. Lions are taking no chances preparing for November's sold-out Grey Cup game at B.C. Place in the wake of the Stanley Cup riot.

Grey Cup general manager Scott Ackles says organizers and police will be working closely together.

THE CANADIAN PRESS

New tip over missing girl

COLD CASE. A new tip has surfaced in the case of a 10-year-old girl who disappeared in Chilliwack almost three decades ago.

The details came in an anonymous letter about the disappearance of Jo-Anne Pedersen, who vanished in February 1983.

THE CANADIAN PRESS

Don't pass on U-Pass

It will be used by 130,000 students at 10 post-secondary institutions

CHELSEA ALTICE
VANCOUVER@METRONEWS.CA

CHELSEA ALTICE/FOR METRO

▶ Jilaine Orton, left, and Jacmina Kilburn display new U-Passes at Douglas College yesterday.

Despite waiting an hour for her U-Pass due to a dispensing-machine malfunction, Douglas College student Emily Chiang was happy to receive the $30 monthly transit pass.

"It's cheaper and definitely more convenient. You don't have to go to the store to buy it," she said.

Government, TransLink and higher-education representatives gathered yesterday at Douglas College to celebrate the official launch of U-Pass at 10 post-secondary institutions.

Complaints that U-Passes are mandatory and add to semester tuition were disputed by Tiffany Kalanj, a member of the Student Union of Vancouver Community College.

As for students that do not use public transport and drive to school, Translink CEO Ian Jarvis said: "The direct benefit for them is less competition on the road ... and in the parking lots."

TransLink is also working to prevent identity fraud with smart-card technology installed in the future to avoid situations such as students reselling unwanted U-Passes on sites like Craigslist.

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Scientist guilty of spying

Wanted $2M US to sell top secret high-tech information

A former U.S. government space scientist pleaded guilty yesterday to one count of attempted espionage for trying to sell classified information to an undercover FBI agent posing as an Israeli spy.

During an appearance in federal court, Stewart David Nozette admitted that he tried to provide Israel with top secret information about satellites, early warning systems, ways of retaliating against large-scale attack, communications intelligence information and major elements of defence strategy.

NASA/THE ASSOCIATED PRESS FILE

▶ Stewart David Nozette

Both the Justice Department and Nozette's lawyers have agreed to a sentence of 13 years in prison, with credit for two years Nozette has already spent behind bars. U.S. District Judge Paul Friedman said he was prepared to accept the deal, pending Nozette's co-operation with prosecutors, a procedure expected to last into November.

Nozette could have been sentenced to death had he been convicted of all four counts of attempted espionage that he faced.

Nozette told an undercover FBI agent in the sting operation that the secrets he was passing to Israel had cost the U.S. government anywhere from $200 million to almost $1 billion, according to newly filed court papers in the case.

THE ASSOCIATED PRESS

Conference. Montreal

▶ His Holiness the Dalai Lama smiles as he arrives in Montreal yesterday. He is attending a conference on the world's religions in the post 9-11 world

GRAHAM HUGHES/THE CANADIAN PRESS

Dalai Lama in Canada

Joining the Dalai Lama at the conference are religious scholars and spiritual thinkers, including Nobel laureate Shirin Ebadi, Tariq Ramadan and Deepak Chopra.

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Hockey world reacts

Global hockey community left in disbelief over shocking plane crash

MISHA JAPARIDZE/THE ASSOCIATED PRESS

▶ Rescuers seen at the crash site of a Russian Yak-42 jet near the city of Yaroslavl, on the Volga River about 240 kilometres northeast of Moscow, yesterday.

Reaction to the plane crash in Russia that killed at least 43 people, including members of the top Russian hockey team Lokomotiv:

International Ice Hockey Federation President Rene Fasel:

"This is the darkest day in the history of our sport. This is not only a Russian tragedy.... This is a terrible tragedy for the global ice hockey community with so many nationalities involved."

NHL Players' Association Executive Director Don Fehr:

"Words cannot express the profound sorrow that this loss has created. Our sincere condolences go out to the friends and families who have been impacted by this terrible tragedy."

Russian Ice Hockey Federation President Vladislav Tretyak:

"We will do our best to ensure that hockey in Yaroslavl does not die, and that it continues to live for the people that were on that plane."

Russian NHL star Alex Ovechkin of the Washington Capitals on Twitter:

"I'm in shock!!!!!R.I.P ..."

Colorado Avalanche executive adviser Joe Sakic:

"I am still in disbelief about today's tragic news. Both Karlis (Skrastins) and Ruslan (Salei) were unbelievable individuals and great teammates ..."

St. Louis Blues president John Davidson:

"The St. Louis Blues have lost two members of our family, Pavol Demitra and Igor Korolev. Pavol and Igor were both incredibly passionate and dedicated players and their influence in St. Louis was not only felt on the ice, but throughout the community."

Czech coach Vladimir Vujtek:

"That's horrible. I had many close friends there, I know the families. Just half a year ago, I trained those guys."

THE ASSOCIATED PRESS

Tragic Legacy

- **KHL confirmed that** Canadian Brad McCrimmon, the team's head coach, was among the dead. McCrimmon became coach in May.
- **Czech players Josef** Vasicek, Karel Rachunek and Jan Marek and Latvian defenceman Karlis Skrastins were amongst those killed.
- **The Russian team featured** several top European players and former NHL stars, including Slovakian forward and national team captain Pavol Demitra, who played in the NHL for the St. Louis Blues and Vancouver Canucks.
- **Other top names include** Russian defenceman Ruslan Salei and Swedish goalie Stefan Liv.
- **Officials said Russian** player Alexander Galimov survived the crash along with a crew member.
- **In June, another Russian** passenger jet crashed in the city of Petrozavodsk, killing 47 people. The crash of that Tu-134 plane has been blamed on pilot error.
- **75 Marshall University** football players, coaches, fans and airplane crew died in a plane crash in Kentucky on Nov. 17, 1970 returning home from a game.
- **30 members of the** Uruguayan rugby club Old Christians were killed in a crash in the Andes in 1972.
- **The 18-member U.S. figure** skating team died in a crash while on their way to the 1961 world championships in Brussels.
- **In 1949, the Torino soccer** team lost 18 players near Turin, Italy, while the Munich air crash of 1958 killed eight Manchester United players.

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25-year sentence in New York FBI sting

The last of four men convicted in an FBI sting operation aimed at New York City synagogues was sentenced yesterday to 25 years in prison.

The sentence handed down to Laguerre Payen in Manhattan matched the terms given in June to his three co-defendants, James Cromitie, David Williams and Onta Williams for the plot to blow up synagogues and shoot down military planes.

The men were convicted of conspiracy to use weapons of mass destruction and other charges.

The sting began after the FBI in 2008 assigned an informant to infiltrate a mosque in Newburgh, about 100 kilometres north of New York.

The men's trial featured two weeks of testimony by the informant, Shahed Hussain, a Pakistani immigrant.

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News in brief

Delhi bombing kills 11

INDIA. A powerful bomb hidden in a briefcase ripped through a crowd of people waiting to enter a New Delhi courthouse yesterday, killing 11 people and wounding scores more in the deadliest attack in India's capital in nearly three years.

An al-Qaida-linked group claimed responsibility, though government officials said it was too early to name a suspect. The attack outside the High Court came despite a high alert across the city and renewed doubts about India's ability to protect even its most important institutions, despite overhauling security after the 2008 Mumbai siege.

THE ASSOCIATED PRESS

Suicide blasts claim 22 in Pakistan

PAKISTAN. A pair of suicide bombers killed 22 people while targeting a top army officer in southwest Pakistan yesterday, missing him and killing his wife, several guards, a senior officer and two children, officials said.

Police said they were investigating whether the strike in the city of Quetta was revenge for the recent arrests there of three top al-Qaida suspects, an operation assisted by the CIA.

The Taliban claimed responsibility for the attack, but a spokesman for the group did not mention the arrests.

Police officer Hamid Shakil said at least 23 people were killed and more than 80 were injured, some critically.

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▶ Passengers disembark from a Pakistan International Airlines plane that was forced to land in Istanbul due to a bomb threat yesterday.

Threats ground Pakistan flights

Bomb scare comes just four days before 10th anniversary of the 9-11 attacks on the United States

Two flights operated by Pakistan's state-owned airline received bomb threats yesterday, and both landed safely, one in Turkey, the other in Malaysia, officials said. No bombs were found.

The first flight was headed for Manchester, England, when it was notified of the threat near the Bulgarian capital of Sofia. The crew contacted the control tower in Istanbul to seek permission for the landing, state-run Anatolia news agency reported.

Authorities quickly evacuated all 378 passengers from the Boeing 777-300ER aircraft after it parked at a remote corner of the International Ataturk Airport, and bomb squads began searching the plane with sniffer dogs, Anatolia reported.

PIA spokesman Mashood Tajwar confirmed the flight received a threat and landed. All passengers were safe. A police search turned up no bomb, officials said.

Later, a second PIA flight from Islamabad to Kuala Lumpur also received a bomb threat. It landed in Kuala Lumpur and all the passengers disembarked safely, said Tajwar.

Malaysia's airports authority said the passengers were being screened and the plane was isolated in a parking area while being searched by police. No bomb was found.

It said the plane carried 164 passengers and 13 crew members.

Azmi Murad, senior general manager for the authority, said the Pakistani airline informed them that the warning came by email.

Tajwar gave no details on the nature of the threat or how it was delivered.

THE ASSOCIATED PRESS

Al-Qaida members sanctioned

The United States has put sanctions on three Pakistan-based individuals it says are top al-Qaida members.

Yesterday's action freezes any assets in the United States belonging to Abu Yahya al-Libi; Abd al-Rahman Ould Muhammad al-Husayn Ould Muhammad Salim; and Mustafa Hajji Muhammad Khan. Americans are also barred from doing business with the men.

David S. Cohen, the undersecretary of treasury for terrorism and financial intelligence, says the sanctions strike "at the heart of al-Qaida's remaining leadership and its operations in Pakistan."

The Treasury Department identified al-Libi as an al-Qaida commander, Salim as a senior leader of the terrorist organization and Khan as a facilitator, courier and operative.

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Are Gadhafi's days numbered?

Former rebels don't know where Gadhafi is: Deputy Defence Minister • Ousted leader is not a NATO target

A Tripoli military official said yesterday that Moammar Gadhafi is cornered and the days before he is captured or killed are numbered. But another senior defence official contended that Libya's new rulers have no idea where the fugitive former leader is.

The comments are the latest in a series of conflicting statements on the most pressing question still haunting the North African nation — where is Gadhafi?

The ousted leader, who ruled Libya for nearly 42 years, hasn't been seen in public for months, and has released only audio messages trying to rally his supporters and lash out at his opponents. He went into hiding after opposition fighters swept into Tripoli on Aug. 21. The former rebels are still battling regime loyalists in three Gadhafi strongholds; Bani Walid, Sabha and Sirte.

Hunting down Gadhafi would help seal the new rulers' hold on the country, and likely trigger the collapse of the remaining regime loyalists.

Anis Sharif, a spokesman for Tripoli's military council, told The Associated Press that Gadhafi was still in Libya and had been tracked using advanced technology and human intelligence. Rebel forces have taken up positions on all sides of the fugitive leader's presumed location, with none more than 60 kilometres away, he said.

"He can't get out," said Sharif, who added the former rebels are preparing to either detain him or kill him. "We are just playing games with him," he said. He said an operations room has been set up in Tripoli to try to track Gadhafi's movements and co-ordinate the search.

Thousands of fighters have converged on areas outside Bani Walid, some 140 kilometres southeast of Tripoli, threatening to attack if residents don't surrender by Saturday.

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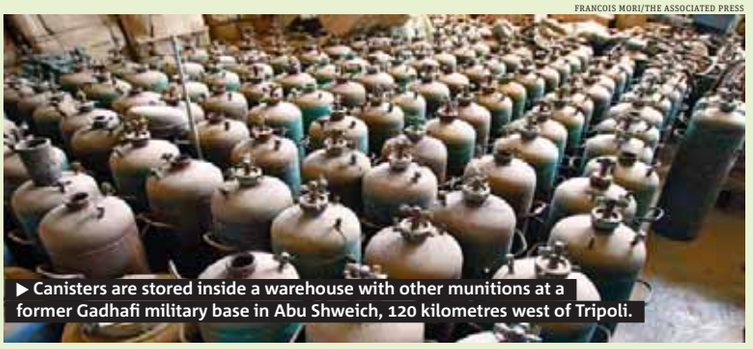
FRANCOIS MORI/THE ASSOCIATED PRESS



▶ Canisters are stored inside a warehouse with other munitions at a former Gadhafi military base in Abu Shweich, 120 kilometres west of Tripoli.

UNSECURED WEAPONS A THREAT

Crates of mortar shells sit unguarded and empty boxes for missiles to blow up tanks and bring down airplanes are strewn about arms depots around the Libyan capital.

Former rebels say they took some ammunition for the fight against Moammar Gadhafi, but U.S. officials and others have expressed fears Libya's weapons could fall into the wrong hands.

The six-month civil war that ended Gadhafi's 42-year rule and sent him into hiding also threw open the gates to his regime's extensive armouries.

The country's new leaders have failed to secure many of the caches, making them free game for looters, former rebel fighters or anyone with a truck to carry them away.

Since Gadhafi's fall, American and UN officials have warned that the failure to control Libya's weapons could destabilize the whole of North Africa.

It remains unclear how many weapons have been uncovered since Gadhafi's fall, said Peter Bouckaert of Human Rights Watch.

"The problem is that the locals usually find out first and by the time we arrive and we can get some guards there, a lot of the most dangerous weapons have already been taken away," he said.

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Who gave the orders?

Testimony may make clear whether Mubarak approved Egypt violence

The judge in the trial of Hosni Mubarak yesterday summoned the top members of Egypt's ruling military council to testify in closed sessions, a move Egyptians have eagerly hoped for, expecting the top generals will expose the ousted leader's role in putting down protests against his rule.

Testifying at the landmark trial could give Field Marshal Mohammed Tantawi, who now rules Egypt, a chance to boost his image in the face of growing criticism that the military remains too close to Mubarak's regime. It also injects new seriousness into a trial that many saw as running aground amid allegations of perjury.

Tantawi and several other members of the country's top leadership who were also called to testify were all members of Mubarak's inner circle.

THE ASSOCIATED PRESS

KHALIL HAMRA/THE ASSOCIATED PRESS

▶ A woman holds a poster of Hosni Mubarak yesterday.

Chad faces major cholera outbreak

The Red Cross says Chad faces a cholera epidemic, with 12,713 cases and 364 deaths recorded so far this year. The International Federation of Red Cross and Red Crescent Societies says cholera has spread to 33 of Chad's 62 districts and the number of cases could double within a few weeks in the fall rainy season.

Cholera is a waterborne infection that is easily preventable with clean water and sanitation.

The humanitarian aid group told reporters Wednesday in Geneva its main concern is to prevent cholera from spreading to more regions of the country and to stop it reaching refugee camps along the Sudanese border.

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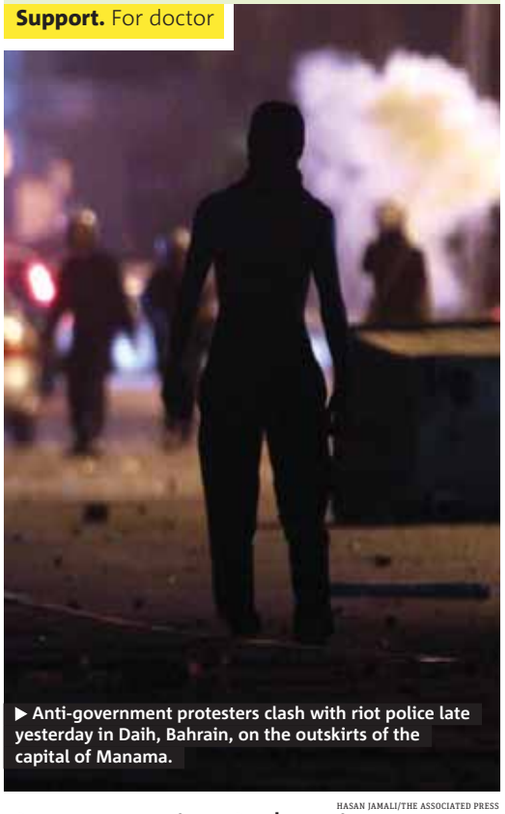
Support. For doctor



▶ Anti-government protesters clash with riot police late yesterday in Daih, Bahrain, on the outskirts of the capital of Manama.

HASAN JAMALI/THE ASSOCIATED PRESS

Protests in Bahrain

Riot police stormed the area after hundreds of people began to gather at the Daih home of Dr. Ali al-Ekri, one of several doctors and medical workers released from jail yesterday evening pending a verdict in his trial on charges stemming from the spring uprising in the Gulf island monarchy.

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Flaherty minds the price gap

'Irritated' finance minister wants to know why Canadians pay more than Americans for goods when our dollar is stronger than theirs

Finance Minister Jim Flaherty is asking a Senate committee to look into the price gap between Canada and the United States.

In a letter to the Senate finance committee released yesterday, Flaherty said he is irritated that the gap continues to exist even though the Canadian dollar has been worth more than the U.S. currency for most of the year.

In fact, Flaherty points out that the Canadian currency has been strengthening over the past five years. The loonie's strength has presented challenges to entrepreneurs, exporters and the economy but Canadian consumers aren't getting full payback in the form of the prices of goods sold in this country, he says.

"I share their irritation," he writes.

While there is no official cross-border comparison of consumer prices or the impact of currency fluctuations, Bank of Montreal economist Douglas Porter said in April that Canadians pay on average 20 per cent more on many items.

Market moment

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	Gold contract
	$1,817.60 US (- $55.70)

Canada's retail industry has often said it takes months to adjust to currency fluctuations, due to the lead time required to import goods. They have also said their U.S. counterparts have several built-in advantages.

Flaherty has asked the committee to look into how prices are affected by the size of the Canadian retail market, transportation and freight costs, tariffs, real-estate costs and other factors.

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Bank stays course on interest rates

Canadians face greater stress on their income and wealth, the bank says But Canada could still rebound

The Bank of Canada will maintain its key interest rate near historic low levels for the foreseeable future to help stimulate the ailing economy by keeping the cost of borrowing down.

For the eighth consecutive announcement date, the central bank kept the overnight rate at one per cent.

It also dropped its caution that rates would need to rise in the future, a warning that had been made when the economy appeared to be improving.

Instead, the bank's governing council said yesterday that the global and Canadian economies are experiencing significant difficulties and need the help of cheap borrowing costs.

"In light of slowing global momentum and heightened financial uncertainty, the need to withdraw monetary-policy stimulus has diminished," the bank said.

The bank gave no hint of going completely in the opposite direction by cutting rates, but did not specifically rule out what has become recent market chatter.

The bank's statement made clear that it's very concerned about the "deteriorating" global economic outlook and the impact it will have on Canada.

THE CANADIAN PRESS

Gloomy outlook

- **New data show the U.S.** recession was deeper than thought and the recovery is shallower, and will be impeded further as Washington starts withdrawing stimulus.
- **Canada is not sheltered** from the storm. Exports have collapsed and financial conditions have tightened, while growth stalled in the second quarter and will be slower in the months to come.

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News in brief

Saab story nearing end

RED INK. Swedish Automobile, producer of the Saab, filed for bankruptcy protection yesterday in a last-ditch attempt to salvage a brand crippled by production stoppages, withheld salary payments and mounting debt. The company said the move would buy it time to receive funding from Chinese investors and avoid bankruptcy.

The Netherlands-based Spykers Cars changed its name to Swedish Automobile after deciding to focus only on the Saab brand. Led by Dutch businessman Victor Muller, the company has failed to revive the loss-making brand since taking it over in 2010 from General Motors Co., which was in the process of dismantling it.

THE ASSOCIATED PRESS

Hindsight is 20-20 for RBC

BANKING. RBC, Canada's largest bank, has learned it needs a "very clear line of sight" on whether acquisitions can make good profits before it makes a major purchase, CEO Gord Nixon said yesterday.

Royal Bank of Canada bought more than 400 retail bank branches in Florida, Alabama, Georgia and other U.S. states over the past decade, but agreed recently to sell them at a $1.57-billion loss.

Nixon said RBC's foray into the U.S. failed because it was operating in a "challenged" part of the country where customers were hit hard by unemployment and a tanking real-estate market. THE CANADIAN PRESS

A $1B McMakeover

Would you like fries with that leather chair and plasma TV?
McDonald's getting a new look

CHRIS YOUNG/THE CANADIAN PRESS

▶ McDonald's Canada CEO John Betts, enjoying a meal at a franchise in Toronto's east end, says the renovations are a response to feedback from customers and store owners.

McDonald's is spending $1 billion to renovate all its Canadian restaurants in an effort to make them look cozier, raising the stakes in Canada's $19-billion-a-year fast-food industry.

The company plans to spruce up 1,400 stores by next year, tearing out the old plastic interiors and replacing them with leather furniture, plasma televisions and fireplaces.

Exteriors are also getting a fresher look as the traditional red roofs are replaced.

"People tend to linger a little bit more in restaurants today. They want to enjoy their meals, take a break from the busy lifestyle that they lead, and we think our restaurants today are certainly doing that a lot better than in the past," McDonald's Canada CEO John Betts said yesterday.

The redesigns are based on formats used by McDonald's in Australia and parts of Europe. Construction is complete in some restaurants in Toronto and Montreal. Betts said renovated stores have already brought in more customers.

"The business we've been enjoying from our reimaged restaurants or remodelled restaurants is close to double digits."

That's higher foot traffic than the average. Analysts say annual growth in the industry is normally two to three per cent.

THE CANADIAN PRESS

Food fight

- **The McDonald's makeover** comes at a time when rival Tim Hortons is beefing up its food offerings.
- **Tim Hortons has said it** plans to "vigorously defend" its position as the coffee market leader in Canada, with 45 per cent of breakfast sales.
- **Tim Hortons has about** 3,200 stores in Canada, compared to 1,400 operated by McDonald's.

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PARENTING WITHOUT THE CHLOROFORM

HE SAYS ...

JOHN MAZEROLLE
METRO

When I was a kid, I could tell back-to-school time was here when we weren't allowed to eat.

Can of pop? "That's for lunches." Yogurt? "Lunches." Bacon and eggs? "Lunches." If I remember correctly, all we were allowed at home was a box of baking soda and the occasional Milk Bone.

I don't have any children, but having experienced my parents' rearing methods — discipline through starvation — I believe I have the skills necessary to help you as your child heads back to school. Here's what you need to know.

Fashion: Children's trends can be confusing, but it's important to remember that fashion is cyclical. In some eras, high school kids wear clothing so tight that they might as well be naked. Other times, they wear clothing so loose any quick movements will render them naked. They know what they're doing. I have no idea what's "in" now, but if it offends your sensibilities, pick it up. Your kid will love it.

"If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window."

Supplies: Once your kids have all the "hippest duds," you'll want to get them the coolest supplies. Nothing was worse than owning plastic rulers pathetically devoid of holographic dinosaurs, or a compass that wasn't nearly sharp enough to stab the girl you liked. Buy one of those $29.99 sets with the quadratic equation written on the back, and your kids could be as cool as I was, though somehow I doubt it.

Rest: Getting kids to bed at a decent hour after a long summer can have even the most patient parents reaching for the chloroform. Researchers say you should make sure your child gets eight hours of sleep — more if you don't like them.

Don't forget to care: As the school year moves on, it's imperative you pretend you still care about your kids. After all, these are the same children that will one day be sending you to a home.

Showing your love may prove difficult. If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window. And if you ask what happened at school today, they will say, "Nothin'," even if their math teacher unexpectedly burst into flames.

Despite this, support whatever they do. If they lie to the teacher, tell them they have a life as an MP ahead; if they don't show up at all, senator.

And that's the only proper way to raise your children. But remember, all these guidelines will be useless if you don't forget one important rule. You MUST feed your children, lunches be damned. A Milk Bone will clean their teeth, too.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Should parents and students have to pay for school supplies?

87%
YES, IT'S PART OF THE COST OF PROCREATING

12%
NO, WE SHOULD ALL BE FULLY FUNDING THE EDUCATION OF OUR FUTURE CAREGIVERS

Local tweets

- **@Kinetic Friction:** RIP Pavol Demitra and other victims in the plane crash :'(
- **@JDandTurkelton:** @lkorac10 I'm going to dust off ky old #38 Demitra sweater and wear it to work in tribute
- **@TheChrisCoburn:** Amen brother. Nicely said. RT @bodhijones <http://twitter.com/#!/bodhijones> : Rest In Paradise Pavol Demitra #Canucks #38
- **@IanPearsol33:** RIP Pavol Demitra. This hockey offseason is one we wish we could forget.
- **@MooseDiver:** Pavol Demitra RIP. Seen so many of his games (on TV) it feels like I knew him. Great player, great guy. My thoughts with all families #KHL.
- **@Nadri_001:** Demitra, you were always a big person for me and you will stay forever in my heart... You're gone too soon, I can't believe that :(:(:(
- **@patrickfrost8:** Such a sad day for hockey. Demitra was a favorite of mine while he was a Canuck. He had the best celly face.
- **@ComeOnMatt:** #khl I remember always trading for Demitra back in one of my old NHL video games. RIP to you and all of the others in the crash. So sad.

Worth Mentioning

The Dalai Lama warns that all religions — including his own — have faithful who carry the seeds of destructive emotions within them.

Speaking yesterday in Montreal, the Buddhist spiritual leader said a key to promoting religious harmony after 9-11 is to stop criticizing religions based on the actions of a handful of "mischievous" followers.

He delivered his message at a conference examining how religions can foster peace in the post-9-11 world.

"Logically, if you criticize Islam due to a few mischievous Muslims, then you have to criticize all world religions," the Dalai Lama told the packed auditorium.

"That, I think is totally wrong to create that kind of negative impression to one particular religion — that is totally wrong."

He said everybody — even himself — has the potential to develop harmful feelings and it's the job of religions to try and reduce them.

"Through awareness ... we try to minimize these destructive emotions and try to increase these constructive emotions," he said.

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Being a nudist does have its drawbacks

Nudists in San Francisco might soon lose the freedom to bare it all — at least some of the time.

Walking around naked is legal, but a city supervisor concerned about public health and sanitation introduced legislation Tuesday that would require nudists to put something under their bottoms if they take a seat in public.

Supervisor Scott Wiener's proposal would also require nudists to cover up when they are in a restaurant.

Wiener represents the city's Castro District, where a group of nudists is known to gather and walk around.

The San Francisco Chronicle reports that Wiener only wants to require that nudists show basic courtesy and decency to their fellow citizens, not open up a debate on the appropriateness of public nudity.

"Only in San Francisco," Capt. Greg Corrales told the newspaper.

Just walking around naked in San Francisco isn't against the law, unless the person is aroused. Then the conduct can be considered lewd, which is illegal, according to the San Francisco Chronicle. THE ASSOCIATED PRESS

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Latest forecast calls for Fringe

Site-specific works are the craze ◗ Take in a show under docks, in alleys, or on boats

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Be honest: raise a hand if you thought the week after Labour Day would bring dreary skies, slick streets and temperatures dropping faster than pants at a frat party.

But guess what? So far, so good (forgive me if it's raining, I wrote this on Tuesday). And that's great news for the artists who'll be performing outside during the 27th annual Vancouver International Fringe Festival, which kicks off tonight and runs until Sept. 18 on Granville Island.

Fringe Onsite is a new collaborative project (with The Only Animal) that helped 13 artists create and develop site-specific works for this year's festival.

In total, there are 17 site-specific shows, with performances taking place under docks, in alleys, on boats and other strange and wonderful locations.

There's the typical Fringe stage fare, of course, which means audiences will be treated to a colourful collection of anything but. Here's a small sampler of the unexpected to expect.

Houdini's Last Escape
Monster Theatre looks into whether Houdini, the greatest escape artist of all time, can escape his own death. At the Waterfront Theatre.

SUBMITTED

▶ Brianne Jang, Candice Fiorentino, Melissa Heagy and Sara Vickruck star in The Seminar, one of the 80 shows performing during the 27th annual Vancouver International Fringe Festival.

This Is Cancer
The deluded, egotistical ass named Cancer goes on his own journey of denial, anger, bargaining and acceptance when he discovers that the whole world hates him.

A one-man satirical cabaret performed by cancer-survivor Bruce Horak proves that laughter is still the best medicine. At Performance Works.

jem rolls IS PISSED OFF
Acclaimed English poet and Fringe regular jem rolls promises dumb gags, smart gags and beautiful poetry.

The man's gift for gab is something to behold. Check him out at the Waterfront Theatre.

With more than 80 shows, it can be rather difficult to narrow down which ones to go see. So check out Fringe-For-All tonight at Performance Works.

For $10, you get to see two-minute samples of a bunch of performances, designed to entice you to circle them in your program guide.

For more information about shows, times and ticket prices, visit vancouverfringe.com.

Ke$ha arrives

▶ Ke$ha's success continues to boggle my mind, but then not everyone can write such mind-bogglingly vapid lyrics. So one supposes that's a gift of some kind. Anyway, she's sharing it with fans at Rogers Arena tomorrow night on her — wait for it — Get $leazy tour, with guests LMFAO and Spank Rock. Tickets $22.75-$46.75.

2 scene

News in brief

A 36-year-old man has been charged after he allegedly broke into Celine Dion's home near Montreal, raided the fridge and even took the time to pour himself a bath.
He was nabbed by Laval police on Monday afternoon after the alarm system went off.
THE CANADIAN PRESS

Scan this code or visit metronews.ca/scene to find out who won big at last night's Gemini Awards

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The Oscar goes to... Eddie

84th Academy Awards to be hosted by Eddie Murphy

A recipe for success or disaster?

Eddie Murphy has been tapped to host the 84th Annual Academy Awards, to be broadcast next year, according to the Academy of Motion Picture Arts and Sciences.

"Eddie is a comedic genius, one of the greatest and most influential live performers ever," said film director Brett Ratner, who's producing the show and helmed Murphy's latest, Tower Heist.

"With his love of movies, history of crafting unforgettable characters and his iconic performances — especially onstage — I know he will bring an excitement, spontaneity and tremendous heart to the show Don and I want to produce in February."

"I am enormously honoured to join the great list of past Academy Award hosts from Hope and Carson to Crystal, Martin and Goldberg, among others," said Murphy, 50.

"I am enormously honoured to join the great list of past Academy Award hosts from Hope and Carson to Crystal..."
EDDIE MURPHY

"I'm looking forward to working with Brett and Don on creating a show that is enjoyable for both the fans at home and for the audience at the Kodak Theatre as we all come together to celebrate and recognize the great film contributions and collaborations from the past year."

The move is thought to be an effort to inject a little humour back into the event after last year's hosts Anne Hathaway and James Franco were considered flops.

In a bland performance, which the media described as all around awful, the pair bounced through a raft of skits and montages that many critics and fans found more long than laughable.

Chosen to attract a younger audience, Hathaway and Franco lacked what some described as onscreen chemistry.

With a similarly lacklustre showing from Steve Martin and Alec Baldwin in 2010, organizers are banking on Murphy to restore the golden age of Oscar nights, when big-draws such as Whoopi Goldberg and Billy Crystal effortlessly brought the house down among even the most demanding of crowds.

Murphy was nominated for a Best Supporting Actor Oscar for Dreamgirls in 2006.

He was said to have walked out of the show after losing to Little Miss Sunshine star Alan Arkin.

METRO

Yes, but

Eddie Murphy to host Oscars. Good choice?

- **YES** Murphy is cool and confident live. If you have never seen his stand-up special Delirious or his skits on Saturday Night Live, go to YouTube immediately.
- **BUT** You can't f-ing swear on live TV.
- **YES** He's a part of movie history. Beverly Hills Cop, 48 Hours, The Nutty Professor and Shrek are all classics.
- **BUT** Vampire in Brooklyn, Metro, Doctor Dolittle, Holy Man, Life, Doctor Dolittle 2, Showtime, The Adventures of Pluto Nash, I Spy, Daddy Day Care, The Haunted Mansion, Norbit, Meet Dave, Imagine That.
- **YES** Murphy was nominated for a Best Supporting Actor Oscar in 2006, for Dreamgirls
- **BUT** He walked out of the show after Alan Arkin won for Little Miss Sunshine. Maybe he just wanted some ice cream?

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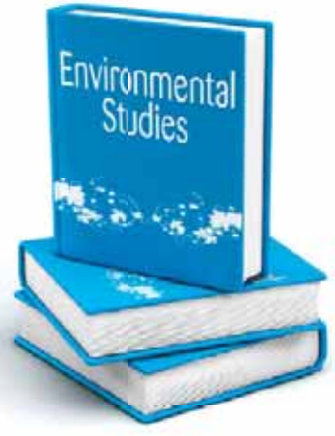

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▶ Justin Timberlake and Jessica Biel were reportedly hitting it off again at a friend's wedding in Colorado.

Jessica, Justin back on again?

Justin Timberlake and Jessica Biel are fueling speculation that they're back on again.

The pair hit up a friend's wedding in Colorado over the weekend, and the possibly reunited couple definitely seemed to be enjoying each other's company, according to People magazine.

"There was plenty of PDA, and they seemed happy," a source says.

METRO

Polley is preggers

Canadian actor-filmmaker Sarah Polley is pregnant.

A publicist for Polley's new film Take This Waltz, which debuts at the Toronto International Festival this weekend, says Polley is 3 1/2 months along but hasn't revealed the baby's sex yet.

She's expecting a child with David Sandomierski, whom she married two weeks ago north of Toronto.

A graduate of law school, Sandomierski has clerked with Supreme Court chief justice Beverley McLachlin and is now doing his PhD in law.

Polley directed and penned the screenplay for Take This Waltz, which stars Michelle Williams as Margot, a writer who is married to a cook (Seth Rogen) but attracted to her neighbour (Luke Kirby).

Sarah Silverman co-stars as Margot's sister in-law.

The film was largely shot in Toronto, where Polley was born.

Take This Waltz is Polley's first full-length directorial effort since 2006's Away From Her, for which she won a Genie Award for best direction and got an Oscar nomination for best adapted screenplay.

THE CANADIAN PRESS

▶ Sarah Polley

DiCaprio turns up the charm

- Leo gifts Blake Lively's dad at birthday party
- Rumoured couple are 'smitten' with each other

While Leonardo DiCaprio may have been filming in Australia during rumoured girlfriend Blake Lively's birthday — she celebrated with pals in New York — he was at least on hand last month for her father's big day in Los Angeles, where he reportedly gifted the senior Lively with an elaborate colouring book, according to Us Weekly.

"Blake's father loved it," a source says, adding that the alleged couple are getting pretty cosy.

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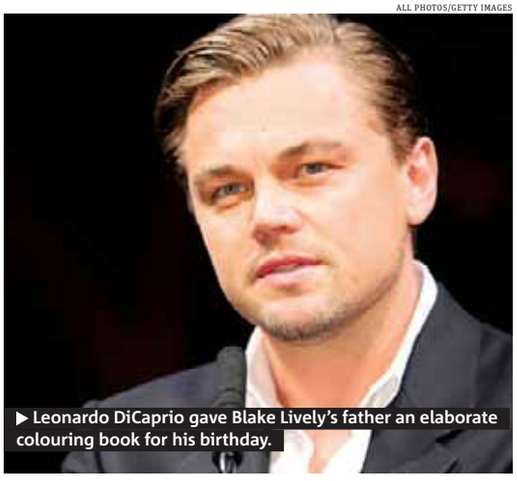


▶ Leonardo DiCaprio gave Blake Lively's father an elaborate colouring book for his birthday.

Madge isn't gaga for pop rival

Lady Gaga has made it clear that she's possibly Madonna's biggest fan, but the same apparently can't be said for Madonna's feelings about Lady Gaga.

"As for Lady Gaga, I have no comment to make about her obsessions having to do with me because I don't know whether her behaviour is rooted in something deep and meaningful or superficial," Madonna tells French newspaper Le Soir.

METRO

Celebrity tweets

@katyperry

"I don't know if I can do this show tomorrow I have eaten too much queso"

@JimCarrey

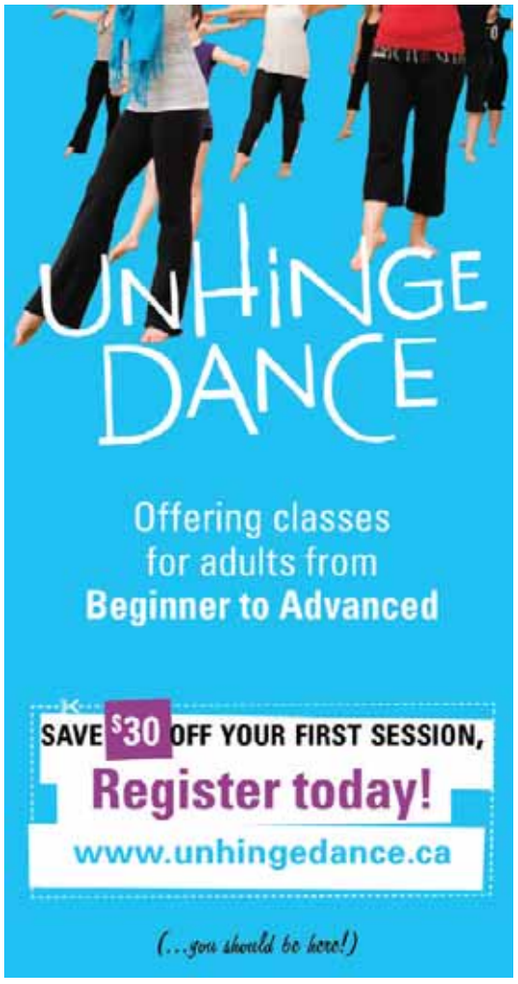
"ACCEPT the fact that people who correct spelling on twitter are a pain in the ass!"

@TheMandyMoore

"Trying to find a home for an adorable orange kitten found on the street. If you live in LA area"

@SethMacFarlane

"America should have the President it really wants...The problem is, in our heart of hearts, that's Snooki"



P1 OPPORTUNITIES

SPANISH SPEAKERS SOUGHT TO HELP IN PEACEKEEPING EXERCISES

We are seeking to cast real people who can speak Spanish to participate in Peacekeeping Exercises with the Canadian Forces near to Edmonton Alberta from October 11th to 25th consecutively.

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Rhonda Fisekci
email: rfisekci@canadafilm.com

Hannigan isn't pregnant

Alyson Hannigan took to Twitter to clear up pregnancy rumours after a photo of her where she appeared to be sporting a baby bump popped up online. "No, I'm not pregnant! I just ate too much carnival food, that time of the month, hurt my back and couldn't suck my gut in — and need to do cardio," the How I Met Your Mother star posted in response.

METRO

5 young names to know in fashion this month

TINA CHADHA
@METRO.LU
METRO WORLD NEWS

1 Master tailor: Antonio Azzuolo

The CFDA men's wear nominee cut his teeth designing for brands such as Hermès and Kenzo before landing the design director role at Ralph Lauren's Purple and Black Label. But the Montreal native's experience began much earlier — his dad was a master tailor. Now Azzuolo creates glamorous, luxe essentials for his own line, a.a.

2 Ladies man: Guillaume Henry

When Henry took over French label Carven, his collection was so spot on that you would have thought he took his hip, arty girlfriends out for a round of drinks and then took their wardrobe complaints and wish lists to the atelier. His clothes are sweet and yet a little bit dark, chic and still slightly punky. It's no wonder girls like Alexa Chung can't get enough.

3 Indie darling: Suzanne Rae

Suzanne Pelaez, a Parsons grad, started out by working in New York's art gallery circuit. And you can see the influence in her flair for print and pattern. Her slightly experimental ready-to-wear pieces would look at home in any curator's closet (or that of any girl with a confident sense of personal style, really). Pelaez worked brief stints at Costume National and Morgane le Fay before quickly striking out on her own. Smart choice. We're writing about her, after all.

4 The romantics: Creatures of the Wind

Chicago-based designers Shane Gabier and Christopher Peters wooed editors and buyers alike at New York Fashion Week last season for being very, well, un-New York. Their romantic and quirky collection inspired by Nantucket and the sailors' widows featured Victorian silhouettes, lace and bright colours. It also landed them on the cover of WWD and a CFDA nomination this year. Well played, guys. Well played.

5 Futuristic femme: Sally LaPointe

Dubbed as a one-to-watch by Elle and New York magazine, this Massachusetts native's signature style is a mix of both futuristic (think: big, bold shoulders) and feminine silhouettes (sexy, drapey dresses) Add some in-your-face colours, prints and fabrics and you have what might be the perfect wardrobe for show stoppers such as Beyoncé and Lady Gaga — the latter is already a loyal LaPointe customer.

3 life

Kanye style

Where are you Yeezy?

The rumours about Kanye West's alleged stint as a designer changes by the day. He's making shoes! No. Clothes! He's making them with designer Louise Goldin! No. Design professor Louise Wilson (she denied it)! So?? METRO

Harper's Bazaar editor-in-chief Glenda Bailey picks mag's Greatest Hits for new book

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The day Karl came to town

The impossible-to-pin-down couture king meets with Metro to discuss his newest line p.s. The price is right!

KENYA HUNT
LIFE@METRONEWS.CA

Outside, hurricane strength downpours threaten to ruin the start of fashion week and seven days' worth of carefully planned outfits by women all over the city. But within the dry and perfume-scented confines of America's most mass market department store, shoppers are aglow after the rarest of fashion sightings.

Karl Lagerfeld, the iconic creative director of Chanel — inside of Macy's.

"He just doesn't do personal appearances at department stores. I was the CEO of Neiman Marcus for six years and Karl was the hardest designer to attract. So for us to be able to attract him is very big," says Terry J. Lundgren, Macy's CEO, who actually scored a double coup (Vogue editor Anna Wintour is in the house as well).

▶ Karl Lagerfeld

Lagerfeld came to town to launch his new affordable ready-to-wear collaboration with the chain, and is all good humour when we sit down in an executive suite on the 13th floor.

It's been a few years since your H&M collection. What inspired you to do this new affordable line?

I like to do the opposite of what people expect and do it well. Because in our times, the inexpensive, in a way, is more important in fashion than the very, very expensive. So the people who can buy the expensive can buy the inexpensive too. The people who can buy the inexpensive — because I never say cheap — maybe they cannot buy the expensive. But they can buy a lipstick or nail polish from Chanel. So even for Chanel, it's not a bad thing. The more my name is around, the better it is for everybody. I approach this more or less the same way that I approached H&M because, you know, I was the first one to do H&M. No one had done it before. So I do it kind of from instinct because I know life in a way— what people want to wear, what they have, what they don't have. But I'm not a marketing person. So I don't ask myself too many questions. I listen to the instinct.

Do you think the lower priced category is becoming more important?

You know the inexpensive line is a dream I wanted to do for many years. Some people thought I should always play the same game. No. It is the time for inexpensive clothes that I design. I have the knowledge of the most expensive. But I think it's exciting, interesting and modern to do the inexpensive.

You balance so many projects, it's nearly impossible to count them all. And yet younger designers have buckled under the stress of having more than one design job.

The young designer should forget about the word "young" because if you're only interesting because you are young, that may be a problem. Nobody has my past and my present. So people who are in my situation, they may think it's not right for them. But for me, I think it's right.

You were recently quoted as saying that sweatpants are a sign of defeat. So what do you relax in when you have downtime?

Downtime? I don't have downtime. Downtime has a very aging affect. You have to be up, up. I know uptown and downtown, but downtime? We don't know [laughing]. I know nothing about this. I believe in discipline. You get up, and you make an effort. But if you are down you only remain down. Kick your ass yourself. [laughs] You have to be very disciplined. You know, people can start to like to be down after a certain point. It's very bad.

▶ Ponte Black Dress by Karl Largerfield for Macy's

C'mon, let's work it out

THE KIT

YOUR NEW FAVES

Meet your new favourite workout top! Not only does the Lululemon Run:Swiftly Tech tee fit like a glove, it features moisture-wicking fabric and a seamless design to prevent chafing.
Plus, it's made with the brand's unique Silverescent yarn to keep static—and stink—at bay. $58, lululemon.com

ENERGY SPIKE

Relax and recharge between workouts with the Hälsa Swedish Wellness Mat, which has 8,820 "spikes" to stimulate your body's acupressure points. A modern-day "bed of nails," it's said to ease muscle tension, headaches and back pain. 50, halsamat.com

SUBSCRIBE FOR FREE TO THEKIT.CA—AND DISCOVER THE DIGITAL WORLD OF BEAUTY.

Three front-row rule breakers

MICKEY BOARDMAN

- About Paper magazine's columnist we've got four words: Look at this outfit. Enough said.

LYNN YAEGER

- She's got a writing style that is as distinct as her subversive Victorian doll look. We'd recognize that rosebud pout anywhere.

GRACE CODDINGTON

- The September Issue was ages ago, but we're still crushing on Coddington's trademark fiery mane.

The Hanging Rose
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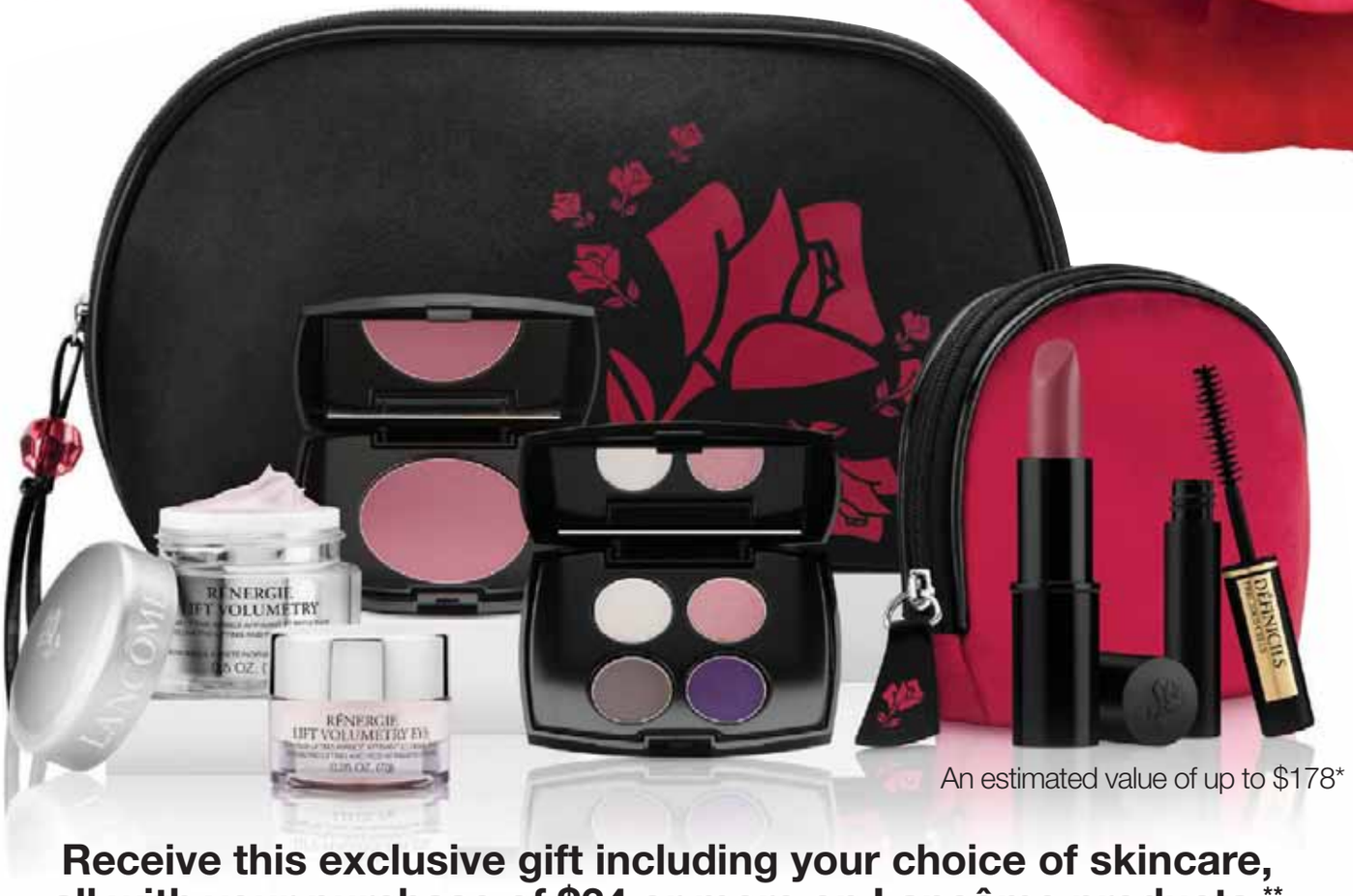

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THURSDAY, SEPTEMBER 8, 2011
METRO SPACES

PHOTO COURTESY CRESSEY DEVELOPMENT CORPORATION

▶ A view of a kitchen in one of the units at James Condominiums, located in False Creek South.

Simply named ... James

Modern condo with healthy, green twist Pays respects to False Creek

False Creek South is getting a dose of history in a new, modern day 13-level condominium with a healthy, green twist.

Simply named "James", this amalgamation of townhouses, condos and flats is paying respect to the industrial roots of False Creek while still being energy efficient, both in its design and operation.

The name tips its hat to one of the area's most respected industrialists, James S. Doherty, who literally helped pave the way in the False Creek community dating back to the early 1900s.

Norman Cressey is currently president of Cressey. On his website it states James is not only meant to conform to the False Creek area, but help elevate its style.

The building itself is a mixture of concrete, steel and glass, boasting massive indoor and outdoor space, including a unique rooftop.

Standard practice in condominiums and high-rises make the rooftop the penthouse unit. Generally, this will be the largest space with all the perks.

But at James, the rooftop is a public space meant for everyone to enjoy, featuring 5,000 tree-lined square feet fitted with a children's play area, equipped outdoor kitchen and community gardens.

But perhaps the most dominant feature is the "UP" lounge — a massive glass-covered observatory with an indoor kitchen.

"'UP' also includes a rooftop lounge complete with games room (an ideal setting for a private party, or a night of no-limit Texas hold 'em), sumptuous couches, a private bar and big screen TV," Cressey says on the website.

SAM SMITH

Meet the condo

- **WHAT:** James Condominiums
- **BUILDER:** Cressey Development Corporation
- **WHERE:** False Creek South
- **WEBSITE:** jamesliving.com
- **CONTACT:** 604-675-1000, or email info@jamesliving.com
- **SIZE:** 553 to 1,311 sq. ft.

Californians now adding ads to homes

BITS & BITES

PETER SIMPSON
FOR METRO

Many American families are treading water financially and are desperately seeking revenue streams to stay afloat.

Californians having difficulty making their monthly mortgage payments can now look to a paint can for relief. Adzookie, a mobile advertising company, is offering to pay homeowners' mortgage payments if they agree to have their homes' exteriors transformed into advertising billboards.

At the risk of inviting the considerable wrath of their neighbours, more than 3,000 cash-strapped homeowners expressed interest within a week of the initial announcement.

Implementing a similar program in municipalities throughout Metro Vancouver would likely run afoul of sign bylaws. For example, Surrey does not permit third-party advertising in residential areas.

Renovations

These days, there are countless sources of renovation info, and many new products and services available, so it is not surprising that homeowners are spending lots of cash sprucing up their homes.

According to Canada Mortgage and Housing Corp. (CMHC), Canadians will spend $58 billion on home renovation, improvement and repair this year. In Metro Vancouver, the figure is about $4.4 billion. That's a significant positive impact on the economy, nationally and locally.

CMHC recently released it annual Reno and Home Purchase Survey, which included data on renovation activity in 2010.

The following are survey results from respondents in Metro Vancouver:

- 41 per cent of all households did some form of home renovations.
- The Vancouver region had the highest average cost of home improvements at $15,709. The Canadian average was $12,972.
- Total value of all renovations in 2010 was $3.8 billion, up from $3.7 billion in 2009.
- Top two reasons for renovating — update/add value/preparing to sell (53 per cent); needs repairs (30 per cent).

PETER SIMPSON IS THE PRESIDENT AND CHIEF EXECUTIVE OFFICER OF THE GREATER VANCOUVER HOME BUILDERS' ASSOCIATION. EMAIL HIM AT PETER@GVHBA.ORG

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DAVA ORIS

The charm and beauty of heritage living

Looking for new investment in trendy Crosstown neighbourhood
Preferred is somewhere quiet that also has some character

ON THE MARKET

RYAN DELUCA
FOR METRO

C.M. is a single male looking for a new investment condominium in the trendy Crosstown neighbourhood.

Being right at the gateway to downtown Vancouver, Crosstown offers a varied mix of grocery shopping, trendy cafés, and sports pubs with all the charm and historical beauty found in heritage style buildings.

Being within the mix is very important to C.M., but also being in a slightly quieter neighbourhood is something he desires since his shift work sometimes requires him to sleep during the day.

C.M. is looking for a one-bedroom condo of at least 500 square feet, and for less than $425,000.

As long as the unit is turn key, has some character and requires no renovations, the other particulars such as amenities and outdoor space are not necessities.

The following three units are ones that C.M. should strongly consider.

RYAN DELUCA IS A REAL ESTATE AGENT WITH SOTHEBY'S INTERNATIONAL REALTY CANADA

CONTRIBUTED

▶ This location is in the middle of a preferred neighbourhood.

1205-688 Abbott St., $388,000
This one-bedroom and den is a large 594 square feet. A gourmet kitchen with granite counters, new laminate wood flooring and fresh paint means C.M. can move in and not have to worry about any upgrading. In the centre of his preferred neighbourhood, this complex comes complete with an 80-inch salt water pool, hot tub and steam room and is steps to trendy sports bars, cafes and a cinema. According to listing agent Darryl Suarez, not only does this building have great amenities and a large balcony attached to the unit, it also boasts stunning views of downtown and False Creek.

CONTRIBUTED

▶ A kitchen in the very trendy Bowman Lofts.

702-528 Beatty St., $459,900
This amazing one-bedroom in the trendy Bowman Lofts has an amazing 730 square feet of living space. A four-year-old heritage award-winning development by Salient group, this space has a lot of character including exposed brick walls that C.M. loves, stainless steel appliances and Fir flooring. While the unit does have a private balcony, C.M. is willing to compromise for the extra square footage since there is a common roof deck with barbecue. Realtor Chris Spotzl of Dexter Associates Realty points out the building is right in C.M.'s target neighbourhood and is only steps from all the amenities the city has to offer.

CONTRIBUTED

▶ Many upgrades highlight the choice of this location.

303-531 Beatty St., $425,000
At the top end of C.M.'s budget is a 659-square-foot, one-bedroom and flex space. Once again, this unit is right in the middle of C.M.'s ideal neighbourhood and comes with many upgrades. With such features as over-height ceilings, large windows, stainless steel Bosch appliances, engineered hardwood floors and quartz composite counters, the look and feel of this condo are nothing short of luxurious. As Realtor Shirley Norton of Sutton Group-West Coast Realty points out about her listing; "the nine-foot by nine-foot solarium can even be used as a second bedroom."

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CLEAN DISHES GET THEIR START IN A CLEAN DISHWASHER

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ISTOCK

▶ You wouldn't wash dishes in a dirty sink, would you?

Do I really have to clean my dishwasher? Perplexed

Dear Perplexed,
Believe it or not, you actually do need to clean your dishwasher, and ideally this should be done monthly. But the good news is that it is simple.
1. Remove all dishes from the dishwasher including any debris you may find in the bottom.

Pour the white vinegar into the empty dishwasher. Do not use soap.
2. Turn the dishwasher on to the highest heat setting and run a full cycle.

Ideally the temperature should reach 140 degrees Fahrenheit or higher for a full seven minutes to fully kill all of the bacteria and disinfect the dishwasher.
3. Clean the door gasket, door edge and seal on a weekly basis with a damp cloth to remove food particles and other debris.
4. Check for hard water deposits and clean spray arms on deep cleans to ensure that the spray arms are unobstructed.

GOT A QUESTION? PLEASE EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA

Renos that you never thought were possible. Really.

▶ Remodelling your home doesn't have to be a pipe dream ▶ Try these innovative solutions

DIY IDEAS

When remodelling or renovating in your home, it can be easy to lose track of your budget or get carried away in making many changes.

Use these simple tips from DIY Network's Money Hunters, hosted by Matt Blashaw and Deanne Bell, to ensure your reno costs don't get out of control.

These hosts work with homeowners to deliver the best renovations money can buy. Using innovative solutions, smart shopping options and tricks of the trade, makeovers are completed that homeowners never thought possible.

Repurpose your kitchen cabinets and countertops. Use existing cabinets but upgrade them by adding new doors, a fresh coat of paint or even new hardware. A new backsplash can make countertops look stylish and coordinated — try using beadboard rather than pricey ceramic.

CONTRIBUTED

▶ A handyman with a plan: Licensed contractor Matt Blashaw co-hosts DIY Network's Money Hunters.

Get and check references. If you are doing a large renovation, hiring a reputable contractor is crucial. Get recommendations and check out past work. Ensure they are licensed, bonded and insured. This may cost you more at the start-up, but will save you money in the long-run.

Donate your old materials like cabinets, mirrors, countertops or flooring to avoid disposal fees and in some cases even get a tax break. Similarly, you can shop at used stores to find great deals.

Look for floor models of appliances. All you will be missing is the box. Some retailers may extend the warranty to unload the item from the store. The best time to do this is early fall just as the new models are arriving. **MONEY HUNTERS AIRS WEDNESDAYS AT 10 P.M. ET/PT ON DIY NETWORK CANADA.**

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Take a tour of Italy's veggies

This Tuscan Bread and Tomato Salad takes on delicious and distinctly Italian flavours

MATTHEW MEAD/ THE ASSOCIATED PRESS

Start to finish: 20 mins
Serves: 4

The basic building block for a great salad? Greens, of course. But for James Peterson, what that means varies greatly by season.

"I usually start out with a standard combination of greens, one for winter, one for summer," said Peterson, whose cookbooks have won numerous James Beard awards. "In the winter, I use a combination of bitter greens, including frisée, treviso or radicchio di Cremona, and endive, and a spicy mixture of equal parts basil leaves and rúcula (baby radicchio) in the summer."

From there, it's a matter of taste and inspiration.

"I then build on these mixtures, adding savoury ingredients, eggs, tomatoes, avocados, green beans, anchovies or whatever suits my fancy," Peterson said.

Here, Peterson offers his version on the classic Italian bread and tomato salad from his just released cookbook, Kitchen Simple.

Ingredients:

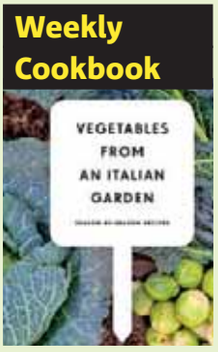
- 3 slices (each 1 cm/1/2 inch thick) crusty bread, cut into 1-cm (1/2-inch) cubes (about 750 ml/3 cups)
- 90 ml (6 tbsp) extra-virgin olive oil, divided
- 4 medium tomatoes
- 1 medium red or green bell pepper, roasted, peeled, then cut into strips
- 20 fresh basil leaves
- 12 anchovy fillets in olive oil, drained
- 75 ml (5 tbsp) pitted and coarsely chopped brine-cured imported black olives
- 30 ml (2 tbsp) sherry vinegar
- Salt and ground black pepper, to taste

Preparation:

1. In skillet over medium heat, toss bread cubes with 45 ml (3 tbsp) of the oil. Sauté until cubes brown slightly, about 10 minutes. Set aside.
2. Cut tomatoes in half crosswise and gently squeeze out seeds. Chop tomatoes into 1-cm (1/2-inch) chunks and put in a large bowl. Add bread cubes, remaining 45 ml (3 tbsp) oil, bell pepper, basil, anchovies, olives and vinegar. Toss to combine. Season with salt and pepper, then serve right away.

THE ASSOCIATED PRESS/ KITCHEN SIMPLE

Weekly Cookbook



Vegetables from an Italian Garden (Phaidon Press, 2011) features 400 recipes by the editors behind the Italian cooking bible The Silver Spoon.

Showcasing more than 40 kinds of vegetables, the book is organized by season in four colour-coded sections. Each season includes about 100 recipes that are further organized by main vegetable ingredient. Two-thirds of the recipes are vegetarian, and the remaining third feature meat as co-stars.

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BACK TO SCHOOL

COMSTOCK/THINKSTOCK

Establish good homework habits

Independent work and learning are important assets It's a form of self-organization and self-discipline

ASTRID VAN DEN BROEK
FOR METRO

This year, you will do it right. This year, they will do their homework without question. Or begging. Or threatening.

But how exactly can we encourage our kids to tackle their homework and set good homework habits?

First, realize why homework is part of your child's life. It's not always about just keeping up on the topics of study at school.

"Independent work and learning are important assets for people to develop, whether it's in academic institutions or workplaces. It's a form of self-organization and self-discipline and it's something that requires development," says Alyson Schafer, a Toronto-based psychotherapist and author of Ain't Misbehavin'.

"So, if we can help them develop better homework habits, they're going to be ultimately more desirable in the workplace."

To help start this year's homework habits off right, begin by showing enthusiasm for their school work and developing a positive attitude about education.

"Sometimes, as parents we have to put our own baggage about school away because you want your child to have a positive relationship with school," says Pat Stellick, the Mississauga-based co-ordinating elementary school principal for the Peel District School Board.

Start by asking about their day — what was exciting for you? What was the high point of your day? "That extends learning," says Stellick. "Homework also makes that connection between home and school and it helps parents understand what's going on in class during the day."

Schafer shares her tips on positively encouraging your child to do schoolwork.

1 Be in touch with the school. Through parent-teacher nights and any other opportunities that arise. That way you can keep on top of what's going on in your child's classroom.

2 Coach instead of dictate. "Different kids have different learning styles and they have different ways of being successful with their workload," says Schafer. Help them find out how they learn best — when are they successful? What do they need to stay organized?

3 Empower them. Help your child figure out solutions on when is best for them to do their homework. (Right after school or after supper for example?) "Keep the responsibility of finding the solution with your child," says Schafer.

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JUPITERIMAGES/PIXLAND/THINKSTOCK

▶ Taking part in extracurricular activities offers many benefits to students.

Tips for after-school success

JANE DOUCET
FOR METRO

Life lessons

- Taking part in extracurricular activities offers many benefits to students. From learning team-building skills to gaining self-esteem, there are few downsides when young people take part in after-school sports, bands, teams or clubs. Kids will learn how to manage their time and the value of making long-term commitments, among other important life lessons.

Soon after Judy Arnall's third son started playing soccer at age six, he wanted to stop. Arnall had assumed that because his older brothers had wanted to play, he would, too. She was wrong, but she didn't let him quit. Instead, Arnall attended every game and practice with him until the season ended.

"We were both miserable," says Arnall, a Calgary-based parenting expert whose most recent book is The Last Word On Parenting Advice.

"I learned that even if you want to expose your child to new experiences that will develop their talents, it has to be something they're interested in."

Arnall offers the following tips on what to consider when choosing an after-school activity:

Get your child to buy-in. "Ask what they want to do," says Arnall. If you push them into an activity they don't like, it will cause resentment and power struggles. "I tell parents, if you want your child in hockey because you like hockey, you should be the one registering to play for a team."

Implement the "begging rule." If Arnall's children really want to sign up for sports or music lessons, they have to ask for them — more than once, over a period of several weeks. "Then I know it's not just a passing fancy and they're really interested," she says.

Have your child contribute. Some money toward the extracurricular activity, that is. "Using some of their allowance or birthday money to help pay for their lessons will help give them a sense of ownership," says Arnall.

Ease into new academic year schedule

Your summer was packed with late night soccer games and cottage weekends. But then, come the start of September, your family is up at 7 a.m. every day in order to (just barely) make it to school on time.

How can you get used to this schedule again?

"Parents have to adjust their expectations because it takes pretty much up until the Christmas break to settle into the school year from a behavioural point of view," says Alyson Schafer, a Toronto-based psychotherapist and author of Ain't Misbehavin'.

To ease into the "academic new year," start by cooling yourself off first.

"After a summer of high entertainment and leisurely schedules, kids are now back in this environment with suddenly stressed parents who are trying to do it all," says Schafer. "Kids think: Mom and dad were so happy and jovial and now they're yelling at me to get out because we're going to be late."

That mood change can trickle down to the kids and trigger misbehaviours such as dawdling and sleep disturbances. And for your children, depending on their age, pitch in to help ease anxiety. And if you haven't already, start backing up those bedtimes — and wake-up times — so they can get to class on time. ASTRID VAN DEN BROEK

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DIGITAL VISION/THINKSTOCK

Kids can learn at lunch, too

Ditching paper bags, juice boxes, plastic cutlery, paper napkins and other non-recyclable items from school lunch boxes is becoming the next trend for parents to digest as another school year approaches.

These suggestions appear in a new cookbook, Good Food To Go: Healthy Lunches Your Kids Will Love, by Brenda Bradshaw and Dr. Cheryl Mutch (Random House Canada, $23.95, paperback).

"A child packing an old-fashioned brown bag lunch with a juice box or tin can can make an estimated 67 pounds (30 kilograms) of waste over a year," says Bradshaw, an elementary school teacher who collaborated on the book with Mutch, a consultant pediatrician. Both live in Vancouver and have two children each.

"What we are trying to do is encourage parents and their children to create litterless lunches," says Bradshaw. "It is a good way to teach your children about environmental stewardship and how their choices can impact the environment."

Instead of buying plastic containers, the authors suggest choosing those that are bisphenol A (BPA) free. Lids should be leak-proof, but accessible so children can open them with ease.

Purchase a wide-mouth, stainless-steel bottle and Thermos, cloth napkins and metal cutlery, they say.

THE CANADIAN PRESS

Another cool tool for healthy eating

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Lulu Cohen-Farnell, who owns the company Real Food for Real Kids, prepares some food to freeze at her home kitchen. Cohen-Farnell freezes food to make it faster to prepare school lunches for her children.

For many parents, packing kids' lunches for school means scouring the kitchen to see what can be thrown together. But often overlooked is the freezer, which, with a little thought and organization, can make the daily digs yield good, healthy food.

"The freezer is great for giving you variety," says Crystal Asher, who owns Detour Roasters Cafe with her husband in Dundas, Ont., and is a mother of three girls.

"Think of it as a closet full of outfits. Think of your freezer, fridge and pantry the same way. You have to look at your food and think, 'What else can I do with this?'"

For Asher, this means employing the right tools to help you. Ice cube trays repurposed during the baby years to freeze homemade fruit or vegetable purees can be reused once kids grow older. Asher makes sweet potato or roasted pepper purees, freezes them in ice cube trays, and defrosts them when she needs a sandwich spread for lunch. "It's a good way of ramping up the nutritional value," she says.

She also makes larger-than-needed portions of soup and freezes the leftovers in ice cube trays. When needed, she will pop out four cubes in the morning. Once heated, this amount is enough to fill an insulated food container.

While the ice cube tray is a useful tool, Lulu Cohen-Farnell, founder and president of Real Food for Real Kids, which caters fresh food using local ingredients to schools, camps and daycares in and around Toronto, prefers using freezer bags in her home kitchen.

"You can get more into them, they can lie flat, and you can stack them so you have more room in your freezer," says Cohen-Farnell, a mother to two kids.

She regularly cleans, chops and freezes fresh herbs, vegetables and fruits, and carves out sections of her freezer for each. "At home, I'll buy fresh herbs and ingredients like scallions, ginger, parsley, cilantro or mint to enhance the taste of my food," says Cohen-Farnell.

Fresh food is always best, of course, but the freezer can play a useful role in meal preparations, for kids' and parents' lunches alike.

THE CANADIAN PRESS

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A long road back to the big leagues

After injuries forced him to give up his pitching career, Canadian Loewen returns to majors, starts in right for Blue Jays against Red Sox

DARREN CALABRESE/THE CANADIAN PRESS

Adam Loewen comes to bat in the third inning against Boston last night.

Adam Loewen of Surrey, B.C., says he has always enjoyed hitting more than pitching.

After two stress fractures in his left elbow forced him to abandon his major-league career as a pitcher with the Baltimore Orioles, he returned to the majors last night as a right-fielder with the Toronto Blue Jays.

"It's a rare feat," Blue Jays manager John Farrell said.

Loewen recorded his first big-league hit, a single, in the eighth inning. The Jays scored five runs in the inning en route to a 11-10 comeback win over Boston.

Loewen joined the Blue Jays as a September call-up after he finished the season with triple-A Las Vegas batting .306 with 17 homers and 86 runs batted in.

The 27-year-old Loewen, who bats and throws left, said his return to the majors is different than the first time when he got the call from the Orioles in 2006. They had made him their first-round pick in the 2003 draft.

"The first time there was a lot more excitement but this is just a dream come true to be playing for the Blue Jays as a hitter," Loewen said. "Now I'm actually doing what I want to do. It's very satisfactory and I feel very blessed to be playing at all."

He was 8-8 with a 5.38 earned-run average in 35 major-league games, 29 as a starter.

"We thought it was chance to get him in the lineup right away," Farrell said before last night's game. "And we had talked about giving Jose a day at DH just to get him off his feet."

It's not that Loewen didn't also enjoy pitching, it's just that pitchers don't hit as much as players at other positions. "The real dream would be to do both but they don't let you do that," he said.

"I was never sure," Loewen said before last night's game. "I knew I had a chance. I was a good player in high school. But I always loved to hit more than I liked to pitch."

He gave up pitching after the 2008 season and signed with the Blue Jays on Oct. 24, 2008.

"It wasn't that I guaranteed myself to get back here," he said. "I knew I was going to enjoy doing it. A lot of people believed in me. I had a lot of help along the way to make this possible and the best part about it is it's not over yet.

"It's not success yet, just getting here, because that was never my intention. I wanted to go as far as I could." THE CANADIAN PRESS

Quoted

"What a great win. When he hit it, I said, 'It's that kind of year.'"

DETROIT PITCHER JUSTIN VERLANDER. VERLANDER WON HIS 10TH STRAIGHT START AND EARNED HIS 22ND VICTORY OVERALL AFTER VICTOR MARTINEZ HIT A LATE GRAND SLAM THAT SENT THE TIGERS OVER THE CLEVELAND INDIANS 8-6 LAST NIGHT.

Scan code for more sports news.

NBA owners, players at the table

NBA owners and players met for about 5½ hours yesterday, plan to resume negotiations today, and could even sit down again Friday.

While neither side would say if progress is being made, the frequency of the discussions seems a good sign. They met only twice in the first two months of the lockout that began July 1.

But they went for about six hours last Wednesday, and decided they would go multiple days this week. Both sides said they could even carry over the discussions into a third consecutive day if things go well during today's session.

"We agreed that we're going to sit here for as many days as we can to see whether we can make progress, but we agreed not to characterize anything at all," commissioner David Stern said.

Both sides were cautious not to portray any optimism, though one player briefly did on Twitter, before saying his account had been hacked.

THE ASSOCIATED PRESS

GENE J. PUSKAR/THE ASSOCIATED PRESS

Crosby

'Best I've felt for a long time': Crosby

Sidney Crosby will make a full recovery from a brain injury and will play again in the NHL. He is certain of it, and so are the concussion specialists who are treating him.

The question is when. Right now, neither the medical experts nor the Pittsburgh Penguins can make an accurate guess when the NHL's signature star will play again.

Despite the rapid, measurable progress Crosby has made since being bothered again by post-concussion symptoms while doing arduous conditioning work last month, there is no accurate estimate when he will play again for the Penguins.

Next month? Next year? Who knows?

"I have no earthly idea," said Michael (Micky) Collins, who heads the University of Pittsburgh Medical Center's concussion testing unit.

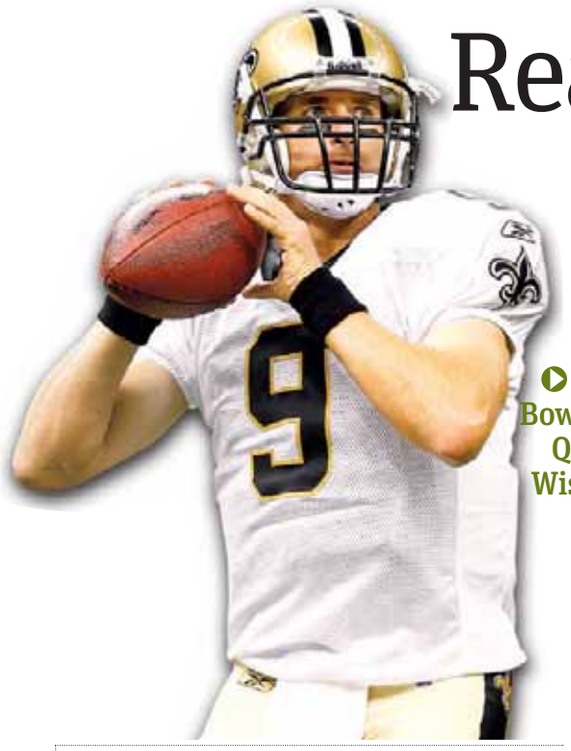
Crosby, speaking publicly yesterday for the first time since late April, said only that he was sure he would play during the 2011-12 season, which begins next month and runs through the Stanley Cup final in June.

"This is the best I've felt for a long time," Crosby said at a news conference that attracted a large number of reporters from the United States and Canada. "The last three weeks have been really good. I feel myself getting better and better."

The Penguins, relieved that Crosby apparently will make a full recovery from the type of head injury that has ended careers, cautioned he won't be back on the ice until he is fully recovered from a severe concussion that occurred following hard hits in successive games Jan. 1 and 5.

THE CANADIAN PRESS

Ready for the big stage



NFL season opener features past two Super Bowl champions and past two Super Bowl MVPs, QBs Drew Brees and Aaron Rodgers ◆ Small Wisconsin town prepares to take NFL spotlight

Look past the towering concert stage that engulfs part of the Lambeau Field parking lot and there's a pair of massive banners depicting Aaron Rodgers and Drew Brees hanging off the arena across the street.

Hotels will be full. Schools will close early in Green Bay. Coolers will be stocked and grills will be sizzling. As Kid Rock warms up for a pre-game concert, there will be no doubt that a bigger-than-big game is hitting the NFL's smallest market.

For the league, it's a chance to put away any lingering resentment from an off-season filled with ugly and tense labour negotiations. For the Saints and Packers (5:30 p.m. TSN), it's a chance to send a message that they intend to contend again.

"It's a similar feel to a big game, a playoff game," the reigning Super Bowl MVP Rodgers said. "There's a big atmosphere outside the stadium. But the only thing that matters is taking care of business on the field."

Brees knows no big-picture objectives will be won or lost in Week 1.

"I'm sure we're going to get questions about future playoff implications and all that stuff about this game," said Brees, whose Saints lost a stunner to Seattle in last year's playoffs, preventing a chance to repeat. "We see ourselves as a great team and as a contender. They see themselves as a great team and as a contender. The fact of the matter is it's one game and it just happens to be the first game of the season on a Thursday night on national television. But you just try to cut through all that and understand it's just a game, and it's just one game."

The Saints are recommitting to the running game and have some new faces to make it happen. Reggie Bush is gone, but Pierre Thomas returns after being slowed by an ankle injury last season. He'll be joined by free agent addition Darren Sproles and first-round rookie Mark Ingram.

The Packers have added new wrinkles to their offence, including a no-huddle look that was successful in the pre-season.

They'll also get back at least three likely starters from injuries: Tight end Jermichael Finley, safety Morgan Burnett and running back Ryan Grant. Grant will split carries with James Starks.

The Packers think the reintroduction of those injured players, along with some incoming rookies who may play significant roles, will help them fend off any sense of complacency that may have prevented past Super Bowl winners from repeating.

Rodgers thinks the Packers can be perennial contenders.

"If you think about 'teams of the decades,' those teams won multiple Super Bowls," Rodgers said. "The Steelers of the '70s, Niners of the '80s, Cowboys in the '90s, Patriots in the 2000s were multiple Super Bowl victors. We want to re-establish that tradition of going deep in the playoffs every year and making runs at Super Bowls."

THE ASSOCIATED PRESS

Metro NFL power rankings — top 10

1.) Green Bay Packers

You're the king until someone dethrones you. It's tough to repeat in the NFL, but the Packers' stability will carry them far.

2.) New England Patriots

Tom Brady and Co. are going to score a ton of points. If Bill Belichick can unlock Albert Haynesworth's potential, the Pats could hoist their first Lombardi since 2004.

3.) Atlanta Falcons

The most talented team on paper. Now, QB Matt Ryan must prove he can win a playoff game.

4.) San Diego Chargers

Philip Rivers looked like an MVP candidate in the pre-season. The Bolts — ranked No. 1 in offence and defence in 2010 — are legit.

5.) Pittsburgh Steelers

They didn't address a secondary that got torched in the Super Bowl. Still, they return 20 of 22 starters after coming up one drive short of a title.

6.) New York Jets

Rex Ryan guaranteed a Super Bowl win at the NFL combine. It's on Mark Sanchez to take the next step.

7.) Philadelphia Eagles

Mike Vick and the Dream Team. Does it spell championship? With a potential six new starters on defence, a new coaching staff and an untested O-line, it's going to take time to gel.

8.) New Orleans Saints

Drew Brees threw 22 picks and the Saints were still great in 2010. Watch out for RBs Darren Sproles and Mark Ingram.

9.) Houston Texans

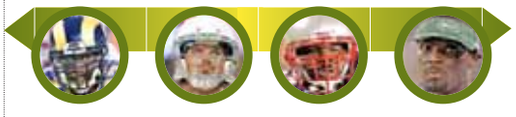
We're picking the Texans to make the playoffs for the first time in franchise history. Their offence is straight out of Tecmo Bowl.

10.) Baltimore Ravens

With Ed Reed, Ray Lewis and Terrell Suggs leading the defence, expect 10 wins. The challenge will be on the offensive side. ● MIKE GREGER METRO WORLD NEWS

Old faces, new places

Metro looks at four players who could make big impacts with their new teams after a frenzied, lockout-shortened off-season.



QUINTIN MIKELL
OLD » EAGLES
NEW » RAMS
The Eagles usually know when to cut ties with aging players, but the 30-year-old safety can still bring it and fills a huge void left by starter Oshiomogho Atogwe.

KEVIN KOLB
OLD » EAGLES
NEW » CARDINALS
The QB gets a second shot at starting — and, with a $65-million price tag, we're thinking it lasts longer than one game. Throwing to Larry Fitzgerald won't hurt either.

ALBERT HAYNESWORTH
OLD » REDSKINS
NEW » PATRIOTS
Bill Belichick is a master of getting the most out of his players (see: Randy Moss, 2007) — and this defensive end has too much talent to continue to be a bust.

PLAXICO BURRESS
OLD » PRISON
NEW » N.Y. JETS
Not many teams wanted the former inmate when he hit the open market in June. But Rex Ryan isn't one to pass on a reclamation project. ● METRO WORLD NEWS

INJURY UPDATE

It's official: Manning's streak over

Peyton Manning has quarterbacked the Indianapolis Colts every Sunday since Sept. 6, 1998.

He won't this weekend.

Manning will be in street clothes when the Colts opens the season at Houston, still recovering from neck surgery while Kerry Collins starts.

"It's going to be a little different without Peyton," coach Jim Caldwell said.

The 227-game streak is the second longest in NFL history behind Brett Favre. Peyton's younger brother Eli holds the longest active streak with 110 starts, including post-season play.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	87	54	.617	—
Boston	85	57	.599	2½
Tampa Bay	78	64	.549	9½
Toronto	71	72	.497	17
Baltimore	56	85	.397	31

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	81	62	.566	—
Chicago	71	70	.504	9
Cleveland	70	70	.500	9½
Kansas City	60	84	.417	21½
Minnesota	59	84	.413	22

WEST DIVISION

	W	L	Pct	GB
Texas	81	63	.563	—
Los Angeles	78	65	.545	2½
Oakland	65	78	.455	15½
Seattle	59	83	.415	21

Yesterday's results

Detroit 8, Cleveland 6

Baltimore 5, N.Y. Yankees 4, 11 innings

Tampa Bay 5, Texas 4, 10 innings

Oakland 7, Kansas City 0

Toronto 11, Boston 10

Minnesota 5, Chicago White Sox 4

L.A. Angels 3, Seattle 1

Tuesday's results

N.Y. Yankees 5, Baltimore 3

Detroit 10, Cleveland 1

Boston 14, Toronto 0

Texas 8, Tampa Bay 0

Chicago White Sox 3, Minnesota 0

Kansas City 7, Oakland 4

Seattle 2, L.A. Angels 1

Today's games

N.Y. Yankees (Nova 15-4) at Baltimore (Simon 4-8), 1:05 p.m.

Boston (A.Miller 6-2) at Toronto (R.Romero 13-10), 7:07 p.m.

Cleveland (D.Huff 2-3) at Chicago White Sox (Floyd 12-10), 8:10 p.m.

Kansas City (Hochevar 10-10) at Seattle (Vargas 7-13), 10:10 p.m.

Tomorrow's games

Minnesota at Detroit, 7:05 p.m.

Baltimore at Toronto, 7:07 p.m.

Boston at Tampa Bay, 7:10 p.m.

Oakland at Texas, 8:05 p.m.

Cleveland at Chicago White Sox, 8:10 p.m.

N.Y. Yankees at L.A. Angels, 10:05 p.m.

Kansas City at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	91	48	.655	—
Atlanta	82	60	.577	10½
New York	70	71	.496	22
Washington	65	75	.464	26½
Florida	63	79	.444	29½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	85	59	.590	—
St. Louis	76	67	.531	8½
Cincinnati	70	73	.490	14½
Pittsburgh	66	77	.462	18½
Chicago	62	81	.434	22½
Houston	48	95	.336	36½

WEST DIVISION

	W	L	Pct	GB
Arizona	82	61	.573	—
San Francisco	75	68	.524	7
Los Angeles	69	72	.489	12
Colorado	67	76	.469	15
San Diego	62	81	.434	20

Yesterday's results

N.Y. Mets 1, Florida 0

San Diego 3, San Francisco 1

Philadelphia 3, Atlanta 2

Pittsburgh 5, Houston 4

L.A. Dodgers at Washington, ppd., rain

Chicago Cubs 6, Cincinnati 3

St. Louis 2, Milwaukee 0

Arizona 5, Colorado 3

Tuesday's results

Philadelphia 6, Atlanta 3

Houston 4, Pittsburgh 1

L.A. Dodgers 7, Washington 3

N.Y. Mets 7, Florida 4, 12 innings

Cincinnati 4, Chicago Cubs 2, 13 innings

St. Louis 4, Milwaukee 2

Colorado 8, Arizona 3

San Francisco 6, San Diego 4

Today's games

L.A. Dodgers (Billingsley 10-10) at Washington (Wang 2-3), 1:05 p.m., 1st game

Atlanta (Minor 4-2) at N.Y. Mets (Schwinden 0-0), 4:10 p.m., 1st game

L.A. Dodgers (Eveland 1-0) at Washington (Detwiler 2-5), 4:35 p.m., 2nd game

Atlanta (Teheran 0-1) at N.Y. Mets (Gee 12-5), 7:40 p.m., 2nd game

Philadelphia (Hamels 13-7) at Milwaukee (Narveson 10-6), 8:10 p.m.

San Diego (Luebke 5-8) at Arizona (I.Kennedy 18-4), 9:40 p.m.

Tomorrow's games

Florida at Pittsburgh, 7:05 p.m.

Houston at Washington, 7:05 p.m.

Chicago Cubs at N.Y. Mets, 7:10 p.m.

Philadelphia at Milwaukee, 8:10 p.m.

Atlanta at St. Louis, 8:15 p.m.

Cincinnati at Colorado, 8:40 p.m.

San Diego at Arizona, 9:40 p.m.

L.A. Dodgers at San Francisco, 10:15 p.m.

BLUE JAYS 11, RED SOX 10

Boston	ab	r	h	bi	Toronto	ab	r	h	bi
Ellsury cf	5	2	4	3	YEscor ss	4	1	1	0
Pedroia 2b	5	1	1	0	EThms lf	3	3	0	1
AdGnzl 1b	4	2	2	1	Bautist dh	2	2	1	2
D.Ortiz dh	4	2	2	1	Encrnc 1b	4	0	2	5
Youkils 3b	4	0	1	1	KJhnsn 2b	5	0	0	0
Crwfrd lf	4	1	1	0	Lawrie 3b	2	2	2	0
Scutaro ss	4	1	2	3	Loewen rf	3	1	1	0
Aviles pr	0	0	0	0	Arencii c	3	1	1	2
Reddck rf	4	1	1	1	Wdwrd pr	0	1	0	0
Sltlmch c	4	0	0	0	JMolin c	0	0	0	0
McCoy cf	2	0	0	0					
Wise ph-cf	2	0	0	0					
Totals	**38**	**10**	**14**	**10**	**Totals**		**30**	**11**	**8**

Boston	3	0	0	0	0	0	0	0	0	**10**
Toronto	1	2	2	0	0	0	0	1	5x	**11**

E—Scutaro (11). DP—Toronto 1. LOB—Boston 6, Toronto 6. 2B—Ellsbury (39), Ad.Gonzalez (43), C.Crawford (23), Reddick (16), Y.Escobar (23), Bautista (23), Encarnacion (34). HR—Ellsbury (25), Ad.Gonzalez (24), D.Ortiz (29), Arencibia (21). SB—Bautista 2 (8), Lawrie (6). CS—Ellsbury (13), Aviles (3), Bautista (4). SF—Encarnacion.

	IP	H	R	ER	BB	SO
Boston						
Wakefield	5	3	5	4	3	3
F.Morales H,6	1-3	1	0	0	0	1
Wheeler H,4	1 1-3	2	1	1	0	1
D.Bard L,2-6 BS,4-5	1	1	5	5	3	2
Albers	1-3	1	0	0	0	1
Toronto						
Morrow	4 1-3	8	8	8	1	5
C.Villanueva	1 2-3	1	0	0	1	2
Litsch	1	1	0	0	1	1
Camp W,4-3	1	1	0	0	0	0
F.Francisco S,13-17	1	3	2	2	0	1

HBP—by Wakefield (E.Thames, Bautista), by F.Morales (Loewen), by D.Bard (Lawrie), by Morrow (Ad.Gonzalez, Youkilis). WP—Wakefield 2. PB—Saltalamacchia.

Umpires—Home, Jeff Kellogg; First, Eric Cooper; Second, Mark Carlson; Third, Tim Timmons. T—3:29. A—16,154 (49,260).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	109	17	34	8	21	.312
Bautista	451	96	137	40	92	.304
Escobar	504	75	147	11	48	.292
Molina	151	19	43	3	13	.285
Johnson	47	8	13	2	4	.277
Encarnacion	431	66	118	15	44	.274
Thames	286	44	77	9	30	.269
Lind	448	53	113	24	79	.252
Davis	320	44	76	1	29	.238
Arencibia	383	41	84	20	66	.219
Rasmus	88	11	19	3	12	.216
McCoy	123	14	26	1	5	.211
Teahen	144	12	28	4	13	.194
Wise	22	3	3	1	1	.136
Cooper	33	3	4	1	5	.121
Woodward	6	1	0	0	0	.000

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Carreno	0	0	0	9.0	7	1.00
Janssen	4	0	2	46.2	45	2.12
Alvarez	1	2	0	36.2	25	2.95
Romero	13	10	0	193.2	157	2.97
Francisco	1	4	12	43.2	44	3.50
Villanueva	6	3	0	100.0	64	4.14
Litsch	5	3	1	65.2	57	4.39
Camp	3	3	1	59.1	27	4.55
Cecil	4	8	0	109.2	74	4.60
Perez	3	3	0	62.1	52	4.76
Morrow	9	10	0	148.2	172	4.78
Rauch	5	4	11	52.0	36	4.85
Drabek	4	5	0	72.2	48	5.70
McGowan	0	0	0	4.0	5	6.75
Mills	1	2	0	18.1	18	8.35
Lewis	0	0	0	5.0	5	9.00

Not including last night's game

TENNIS

U.S. OPEN

At New York
Singles
Men
Fourth Round

Gilles Muller, Luxembourg, leads Rafael Nadal (2), Spain, 3-0 (0-15), susp., rain.

Andy Roddick (21), United States, leads David Ferrer (5), Spain, 3-1, susp., rain.

Donald Young, United States, leads Andy Murray (4), Britain, 2-1, susp., rain.

GOLF

WEEKEND GLANCE

U.S. GOLF ASSOCIATION/ROYAL AND ANCIENT GOLF CLUB OF ST. ANDREWS

WALKER CUP
Site: Aberdeen, Scotland.
Schedule: Saturday-Sunday.
Television: ESPN2 (Sunday, 3-5 p.m.).
Format: Team match play. Saturday, four morning alternate-shot matches and eight afternoon singles matches; Sunday, four morning alternate-shot matches and 10 afternoon singles matches.
Online: www.usga.org
Royal and Ancient Golf Club of St. Andrews site: www.randa.org

LPGA TOUR

NW ARKANSAS CHAMPIONSHIP
Site: Rogers, Ark.
Schedule: Tomorrow-Sunday.
Online: http://www.lpga.com

EUROPEAN TOUR

KLM OPEN
Site: Hilversum, Netherlands.
Schedule: Today-Sunday.
Television: Golf Channel (Thursday-Friday, 9 a.m.-12:30 p.m.; Saturday-Sunday, 7-11 a.m.).
Last year: German star Martin Kaymer finished with a 4-under 66 for a four-stroke victory over Christian Nilsson and Fabrizio Zanotti.
Online: www.europeantour.com

NFL

Tonight's game
New Orleans at Green Bay, 8:30 p.m.

Sunday's Games
Atlanta at Chicago, 1 p.m.
Buffalo at Kansas City, 1 p.m.
Indianapolis at Houston, 1 p.m.
Philadelphia at St. Louis, 1 p.m.
Detroit at Tampa Bay, 1 p.m.
Pittsburgh at Baltimore, 1 p.m.
Tennessee at Jacksonville, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
N.Y. Giants at Washington, 4:15 p.m.
Minnesota at San Diego, 4:15 p.m.
Seattle at San Francisco, 4:15 p.m.
Carolina at Arizona, 4:15 p.m.
Dallas at N.Y. Jets, 8:20 p.m.

CFL

WEEK 11

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	9	7	2	0	219	184	14
Montreal	9	5	4	0	274	238	10
Hamilton	9	5	4	0	260	227	10
Toronto	9	2	7	0	200	262	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	9	6	3	0	239	238	12
Edmonton	9	6	3	0	209	197	12
B.C.	9	3	6	0	232	219	6
Saskatchewan	9	2	7	0	192	260	4

Tomorrow's game
Calgary at Edmonton, 9 p.m.
Saturday's game
Toronto at B.C., 4 p.m.
Sunday's games
Hamilton at Montreal, 1 p.m.
Saskatchewan at Winnipeg, 4 p.m.

SCORING LEADERS

(x—scored two-point convert):

	TD	C	FG	S	Pts
Whyte, Mtl	0	28	24	4	104
Medlock, Ham	0	27	22	3	96
McCallum, BC	0	21	23	2	92
Palardy, Wpg	0	18	23	5	92
Paredes, Cal	0	22	16	4	74
Duval, Edm	0	17	14	13	72
Prefontaine, Tor	0	15	15	2	62
E.Johnson, Sask	0	11	10	5	46
Richardson, Mtl	7	0	0	0	42
Stala, Ham	7	0	0	0	42
Cobourne, Ham	6	0	0	0	36
Edwards, Wpg	6	0	0	0	36
Foster, BC	5	0	0	0	30
Getzlaf, Sask	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Q.Porter, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Boyd, Tor	4	0	0	0	24
Bratton, Mtl	4	0	0	0	24
Brown, BC	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Diedrick, Mtl	4	0	0	0	24
Dressler, Sask	4	0	0	0	24
C.Williams, Ham	4	0	0	0	24
Milo, Sask	0	10	3	1	20
Barnes, Edm	3	0	0	0	18
Brink, Wpg	3	0	0	0	18
Bruce, Ham-BC	3	0	0	0	18
Cates, Sask	3	0	0	0	18
Charles, Sask	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Joseph, Edm	3	0	0	0	18
Lewis, Cal	3	0	0	0	18
D.Porter, Edm	3	0	0	0	18
Rambo, Cal	3	0	0	0	18
Rideau, Tor	3	0	0	0	18
Reynolds, Cal	3	0	0	0	18
Robertson, BC	3	0	0	0	18
Simon, BC	3	0	0	0	18
Whitaker, Mtl	3	0	0	0	18
Shaw, Tor	0	5	4	1	18
Schiavone, Edm	0	3	4	0	15
Bowman, Edm	2	0	0	0	12
Burris, Cal	2	0	0	0	12
Denmark, Wpg	2	0	0	0	12
Forzani, Cal	2	0	0	0	12
Hughes, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
Lulay, BC	2	0	0	0	12
Mann, Ham	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Raymond, Cal	2	0	0	0	12

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	26	11	8	7	31	30	40
Kansas City	27	9	8	10	40	36	37
Philadelphia	26	8	7	11	35	30	35
Houston	27	8	8	11	34	33	35
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	26	4	7	15	30	33	27
New England	27	4	11	12	30	43	24
Toronto	28	4	12	12	26	49	24

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	27	14	3	10	39	22	52
Seattle	27	13	5	9	42	29	48
Dallas	27	13	7	7	36	29	46
Real Salt Lake	25	12	7	6	35	21	42
Colorado	28	10	7	11	39	36	41
Portland	26	9	12	5	33	41	32
Chivas USA	27	7	10	10	32	30	31
San Jose	26	5	10	11	27	35	26
Vancouver	26	4	13	9	27	42	21

Note: Three points for a win, one for a tie.

Last night's result
New England 4 Philadelphia 4
Tomorrow's game
Colorado at Los Angeles, 11 p.m.
Saturday's games
Real Salt Lake at Seattle, 4 p.m.
Houston at Kansas City, 4 p.m.
Dallas at New England, 7:30 p.m.
Toronto at Columbus, 7:30 p.m.
Vancouver at New York, 7:30 p.m.
Portland at Philadelphia, 7:30 p.m.
Chicago at San Jose, 10:30 p.m.
D.C. United at Chivas USA, 10:30 p.m.
Wednesday, Sept. 14
Houston at Columbus, 7:30 p.m.
Friday, Sept. 16
New England at Portland, 11 p.m.
Saturday, Sept. 17
Colorado at Toronto, 1:30 p.m.
Chivas USA at Chicago, 4 p.m.
Columbus at Philadelphia, 7:30 p.m.
San Jose at Houston, 8:30 p.m.
New York at Dallas, 8:30 p.m.
D.C. United at Seattle, 9 p.m.
Kansas City at Real Salt Lake, 9 p.m.
Vancouver at Los Angeles, 10:30 p.m.

BASKETBALL

FIBA AMERICAS 2012 OLYMPIC QUALIFYING

At Mar del Plata, Argentina

QUARTER-FINAL ROUND

Yesterday's results
Canada 70 Uruguay 68
Brazil 73 Argentina 71
Puerto Rico 79 Dominican Republic 62
Venezuela 110 Panama 74
Tuesday's results
Puerto Rico 79 **Canada 74**
Argentina 111 Venezuela 93
Brazil 90 Panama 65
Domincan Republic 84 Uruguay 76
Today's games
Panama vs. **Canada**, 10:30 a.m.
Uruguay vs. Venezuela, 1 p.m.
Argentina vs. Domincan Republic, 7:30 p.m.
Puerto Rico vs. Brazil, 7:30 p.m.

END OF QUARTER-FINAL ROUND

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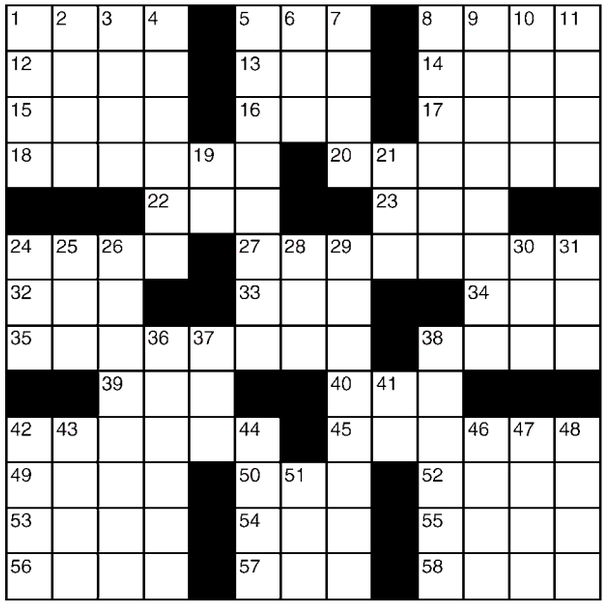
Crossword



Across

1 Money
5 Here (Fr.)
8 Off-key
12 Minstrel's instrument
13 — sequitur
14 Regarding
15 Met melody
16 Moment
17 Slave to crosswords?
18 Mimicry expert
20 "The Maltese Falcon" director
22 Enjoy Aspen
23 Sch. org.
24 — accompli
27 Pest
32 Possess
33 Larry King's former employer
34 Western st.
35 Paraphrases
38 Big rig
39 Levy
40 Pull along
42 Iced dessert
45 Rhododendron's kin
49 Hebrew month
50 "2001" computer
52 Snitched
53 "The Amazing —"
54 Under the weather
55 Maintain
56 Picnic invaders
57 One of the family
58 Squeezes (out)

Down

1 Applaud
2 Emanation
3 Use a teaspoon
4 San Simeon publisher
5 Natural aptitude
6 Miler Sebastian
7 Foot fraction
8 Cinco de Mayo party
9 Case
10 Italian river
11 Adolescent
19 Suitable
21 High points
24 Supporting
25 Shock and —
26 Teach
28 French article
29 Sets up for use, as software
30 Rotating part
31 Inventor Whitney
36 Restaurant furniture
37 Hatchet
38 Wrap
41 Wizard's place
42 Antitoxins
43 "The Good Earth" heroine
44 Anything but that
46 Glimpse
47 Model Macpherson
48 Tosses in
51 Will Smith biopic

▶ Yesterday's answer

B	A	K	E	■	J	A	W	■	A	G	E	S
A	L	A	N	■	E	C	O	■	V	A	L	E
G	A	N	G	S	T	E	R	■	I	N	M	E
S	W	E	A	T	■	■	D	R	A	G	O	N
■	■	■	G	U	R	U	■	E	N	L	■	■
H	U	G	E	■	O	N	C	E	■	I	M	P
U	S	A	■	C	O	D	A	S	■	E	A	U
B	E	N	■	E	K	E	S	■	F	R	O	G
■	■	G	A	S	■	R	E	E	L	■	■	■
C	A	L	L	T	O	■	■	G	O	N	N	A
O	L	I	O	■	G	A	N	G	W	A	Y	S
N	O	O	N	■	R	I	O	■	E	P	E	E
G	E	N	E	■	E	L	M	■	R	A	T	A

Sudoku

	8		7		4	2	3	
					3			8
6						7		5
	3		2			9	8	
				9				
	1	4			6		7	
3		1						6
5			8					
	4	7	6		9		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	3	1	9	7	5	2	6	8
9	7	8	6	2	3	5	4	1
2	6	5	1	8	4	3	9	7
8	2	7	3	9	1	6	5	4
5	1	4	2	6	8	7	3	9
3	9	6	4	5	7	8	1	2
6	5	2	8	4	9	1	7	3
7	4	3	5	1	2	9	8	6
1	8	9	7	3	6	4	2	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

coral olivos, As I gaze up into your eyes, two stars brown and bold, I can't help but notice all the warmth you truly hold. Through your eyes I see your soul, untouched and still whole. You love me, Already I know. Looking up into your eyes, makes me love you more and more each day. **MAMI**

E.L. It has already been half a year since we first dated, and I've enjoyed every single moment of it. I'm grateful that I have someone like you who cares so much for me. I love that you're always there, especially during the times where I need you the most. I hope we never grow apart. I love you, forever & always. **A.K.**

Leo, I have two eyes to see you, two arms to hold you, two ears to hear you ,two lips to kiss you but only one heart to love you! **DAISY**

Today 25°/14° Sunny
Friday 25°/15° Sunny
You could win a Dell laptop.
Watch your morning forecast from 5-11am for the rest of the day.
theweathernetwork.com/dell
The Weather Network
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are in for some serious criticism today. Don't listen to it.

♉ Taurus April 21-May 21 Be careful who you confide in because if you reveal something embarrassing, soon everyone will know.

♊ Gemini May 22-June 21 You are no longer sure that what you are planning is such a good idea. It's just a passing doubt.

♋ Cancer June 22-July 22 Chances are you will fall out with someone who does not share your outlook on life. But that's OK.

♌ Leo July 23-Aug.23 Don't allow yourself to be distracted by events that are likely to steer you away from your long-term goals.

♍ Virgo Aug. 24- Sept. 22 No matter how much you want to explain to certain people what you expect, they may not understand.

♎ Libra Sept. 23-Oct. 23 Someone you work with is harbouring a secret grudge against you.

♏ Scorpio Oct. 24-Nov. 22 If you take what someone tells you at face value today, you'll miss the more interesting half of the story.

♐ Sagittarius Nov. 23-Dec. 21 Think before you speak today: Sometimes words can be more dangerous than actions.

♑ Capricorn Dec. 22-Jan. 20 This is a great time of year for you, so don't hold back.

♒ Aquarius Jan. 21-Feb. 18 The only reason a colleague is being so critical of you is because they resent your success.

♓ Pisces Feb. 19-March 20. There's no need to kick yourself for failing to get around to completing a project. **SALLY BROMPTON**

Caption contest

HADI MIZBAN/ THE ASSOCIATED PRESS

ALVARO BARRIENTOS/ THE ASSOCIATED PRESS

WIN!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Bay Side Village
604-943-3602
5180 Ladner Trunk Rd.
604-946-7100
Scottsdale Mall
604-590-9011
LANGLEY
Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
Thunderbird Centre
604-881-2050
MAPLE RIDGE
Valley Fair Mall
604-466-1675
Westgate Shopping Mall
604-460-2888
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1422 Lonsdale Ave.
604-983-3025
Park & Tilford Mall
604-988-2803
West Lynn Shopping Mall
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7-8430 128th St.
604-572-9955
Guildford Mall
604-951-9399
Central City
604-583-7000
129-12080 Nordel Way
604-543-8886
Southpoint Exchange
604-531-2500
101-7320 King George Hwy.
604-599-5522
VANCOUVER
155-139 Keefer St.
604-683-8283
Bentall Centre Mall
604-602-0968
6510 Fraser St.
604-325-6665
Oakridge Mall
604-267-1011
2691 West Broadway
604-736-1813
5759 West Blvd.
604-267-6383
920 Davie St.
604-684-5981
Kingsgate Mall
604-879-1003
103-1807 Burrard St.
604-736-3326
Marketplace Village
604-221-5505
601 Robson St.
604-682-4333
1795 Robson St.
604-605-8290
1093 Robson St.
604-628-1388
148-555 West 12th Ave.
604-876-0888
1022 Mainland St.
604-608-2448
WEST VANCOUVER
Park Royal North
604-921-1488
Park Royal South
604-921-4880
WHISTLER
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604-932-2021

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604-291-9068
3433 North Rd., Unit 106
604-421-7500
Brentwood Mall
604-320-0789
MAPLE RIDGE
22430 Dewdney Trunk Rd.
604-463-2231
100-20398 Dewdney Trunk Rd.
604-460-6527
NEW WESTMINSTER
104-1065 Columbia St.
604-524-1100
NORTH VANCOUVER
Capilano Mall
604-983-9744
PORT COQUITLAM
1460 Prairie Ave.
604-552-3316
2131-2850 Shaughnessy St.
604-941-2423
RICHMOND
192-8180 No. 2 Rd.
604-275-4848
SURREY
101-17700 56th Ave.
604-574-6341
8112 120 St.
604-599-0099
101-7175 138th St.
604-599-8880
8934 152nd St.
604-581-2287
400-15355 24th Ave.
604-535-8828
101-10166 King George Blvd.
604-584-7274
TSAWWASSEN
1195 56th St.
604-943-9940
VANCOUVER
2696 East Hastings St.
604-254-9555
1027 W. 15th Ave.
604-731-1699
2097 W. Broadway
604-733-3999
1295 Davie St.
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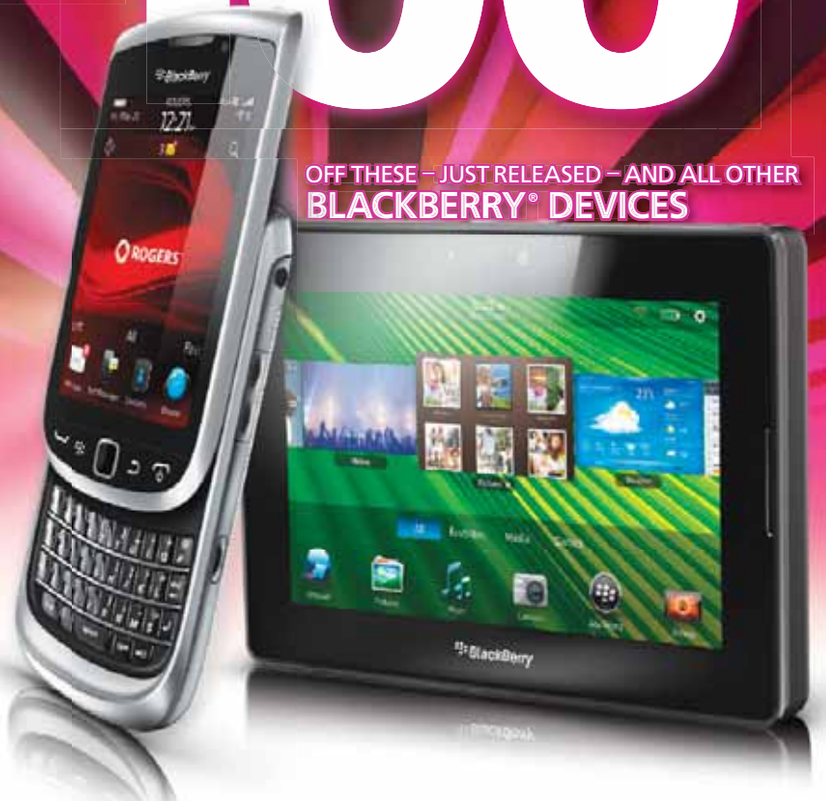

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